



EMOTIONAL **INTELLIGENCE** WORKBOOK

Hardcover Emotional Intelligence Workbook

John C. Allen



Hardcover Emotional Intelligence Workbook:

The Emotional Intelligence Workbook: Teach Yourself Jill Dann,Derek Dann,2015-09-10 Do you want to be able to persuade influence or empathise with people in any situation Do you want to be able to click with people instantly Do you want people to trust you This new Teach Yourself Workbook doesn t just tell you what emotional intelligence is It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning The book starts by helping you identify the behaviours associated with emotional intelligence and whether you are currently doing them It then helps you set specific goals to improve on as you progress through the book you will be able to keep checking your progress against these goals Specially created exercises using the tools of NLP hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation *Emotional Intelligence* Daniel Goleman,1996-09-12 Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children The Emotional Intelligence Workbook Jill Dann,Derek Dann,2012-09-28 Do you want to be able to persuade influence or empathise with people in any situation Do you want to be able to click with people instantly Do you want people to trust you This new Teach Yourself Workbook doesn t just tell you what emotional intelligence is It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning The book starts by helping you identify the behaviours associated with emotional intelligence and whether you are currently doing them It then helps you set specific goals to improve on as you progress through the book you will be able to keep checking your progress against these goals Specially created exercises using the tools of NLP hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation The Emotional Intelligence Activity Book Adele Lynn,2001-12-26 We ve all heard of IQ but what s EQ It s Emotional Quotient aka Emotional Intelligence and experts say that EQ is a greater predictor of success at work than IQ Companies are increasingly looking for ways to motivate and develop their employees emotional intelligence This book presents trainers and coaches with 50 innovative exercises to be used for either individuals or groups The activities found in the book are grouped according to the various core competencies associated with Emotional Intelligence Self Awareness and Control an awareness of one s values emotions skills and drives and the ability to control one s emotional responses Empathy an understanding of how others perceive situations Social Expertness the ability to build relationships based on an assumption of human equality Mastery of Vision the development and communication of a personal philosophyThe book also includes suggested training combinations and coaching tips *Emotional Intelligence* Daniel Goleman,2005-09-27 Goleman s report from the frontiers of psychology and neuroscience offers startling new insight into the two minds the rational and the emotional and how they together shape destiny **Emotional Intelligence Workbook** Paul Gerhardt, PhD.,2015-02-21 Emotional intelligence EI is

the single most important thing every person must develop in order to have successful careers and home life Contemporary research has been proven that Emotional Intelligence is directly related to each person's career success by as much as 95% This workbook teaches readers what emotional intelligence is Use each easy step by step section to build your Emotional Intelligence Visit www.paulgerhardt.com to learn more **Emotional Intelligence Workbook** Ronél Le Roux, Rina De Klerk, 2001

Companion Workbook Book Nerd, 2019-07-16 Apply the principles of Emotional Intelligence 2.0 to your life and let them drive you to accomplish your goals This companion workbook for Emotional Intelligence 2.0 will allow you to become more self-aware socially aware and better at managing relationships The chapter by chapter workbook will allow you to examine your emotional intelligence and develop stronger skills Discover how you process emotion and reason Find out how self-aware you are Become more socially aware Pick a social skill to improve upon Find out how feelings show up in your life Feel how stress shows up in your life Think about your communication style Change your self-talk for the better Regain control of your emotions Prepare for life changes Improve your relationships And much more Please Note This is an unofficial companion workbook for Travis Bradberry's and Jean Greaves's Emotional Intelligence 2.0 This companion is designed to further your understanding of the book and is designed to help you take action This is not the original book

Emotional Intelligence Rina De Klerk, Ronél Le Roux, 2009-11-26

Emotional Intelligence Workbook Joeel A. Rivera, Natalie Rivera, Joeel A. Rivera M Ed, 2020-11-10 This workbook provides a blueprint for developing emotional intelligence both INTRApersonal intelligence understanding of your own emotions and INTERpersonal intelligence understanding of others emotions You'll develop an understanding of the cause of your emotions so you can shift your emotional state and feel better no matter what is happening in your life You'll learn how to catch negative emotions early and avoid triggers in order to prevent escalation You'll learn strategies for reducing and releasing stress so you can better cope with life events You'll develop healthy empathy so that you can better understand others without being sucked into their emotions You'll learn how to listen and communicate effectively and tune into non-verbal communication and body language Large 8.5 x 11 inch format for ease of use This workbook is intended to be used with the Mindfulness and Meditation coaching program offered through TransformationAcademy.com

Emotional Intelligence: The Emotional Intelligence Book - Emotional Intelligence at Work and Emotional Intelligence Leadership John C. Allen, 2017-05-15 Emotional Intelligence The Emotional Intelligence Book Emotional Intelligence at Work and Emotional Intelligence Leadership This Emotional Intelligence Book will answer the question what is emotional intelligence also referred to as EI As the book works to define emotional intelligence through the four main branches it dives deeper into explaining each branch in hopes of bringing about a higher self-awareness in the reader Most people walk around with low emotional intelligence out of ignorance They do not know because they have never been taught Some crowds believe that the emotionally intelligent are as smart as those with high IQ's People in positions of leadership show a higher aptitude of EI for being able to help others to calm the crowd and to work

well under pressure without cracking Each of the four branches of the emotional intelligence theory is explained in full detail The first branch is emotional perception The second branch is emotional reasoning The third branch is emotional understanding and the fourth branch is emotional management Each branch has an explanation on how to do it how to perceive how to reason how to understand and how to manage the emotions In learning this we can then learn how to improve emotional intelligence Emotional intelligence training helps to make leaders out of people and helps people to learn more about themselves and they will learn how to handle their emotions A person with a high level of emotional intelligence has learned how to control their reaction to their emotions and they can also help others with their responses to emotions The emotional intelligence definition shows that we are whole people who have emotions and will go through emotional times but that we can control our reaction and responses to these emotions instead of allowing the emotions to show as raw and out of control

Emotional Intelligence Workbook: For Elementary and Middle Grade Children Better Youth

Programs, 2019-03-02 Emotional Intelligence is a vital skill for children often overlooked Not only is it overlooked but there is seldom good workbooks available aimed directly at children This activity book is a treasure trove of wonderful exercises that get kids thinking about their own emotions create self esteem empower good behaviours and habits and develop consideration for others Don't neglect to teach your kids a solid emotional intelligence to help them become strong to weather the storm coming up in teenage years This section of the Youth Deployment Activity Guide is designed to give you additional age appropriate resources that are helpful in teaching your child about emotions The emotional and social skills that are presented were written in order to help you grow your child The sections include Intrapersonal Skills Interpersonal Skills Adaptability Stress Management and General Mood Each section is further divided into sub skills that address such things as Problem Solving Happiness Flexibility and other critical emotional and social competencies We encourage you to use these activities throughout the deployment process and beyond Sample Exercises from Emotional Intelligence Activities for Kids My Special Gifts and Talents Everyone has something they do well It may be in a sport or playing a musical instrument or even a particular subject like math A person can even be good at making friends Whatever a person does well can be a gift or talent See if you can recognize your own gifts and talents Piecing a Quilt Many emotions make up the person you are It is important to be able to identify those emotions and know how to deal with them Your emotions are like a patchwork quilt Each of your emotions is pieced together to make up the whole you Inside the patches on the quilt below draw a face showing different emotions you have felt Make No Bones About It Do your friends sometimes do or say things that make you feel uncomfortable Maybe they say unkind things to other classmates Or maybe they take the seat you were saving for someone and won't move when you ask them Do you feel like you should speak up about it but are afraid Here are some steps to take to help you speak up A Skeleton of My Former Self Independence is when you are able to take care of yourself You are able to plan and make important decisions for yourself and you can make those decisions without falling

apart or depending on others to bail you out emotionally You are courteous honest and respectful of yourself and others You are willing to take responsibility for your feelings thoughts and actions You rely on others for help when necessary but do not cling to other people *Handle with Care* Joshua M. Freedman, Anabel L. Jensen, Marsha C. Rideout, Patricia E.

Freedman, 1998 A beautiful book that simply and directly shows how to build emotional intelligence Emotional intelligence and its critical importance to life and work success are clearly defined in the introduction 24 essential themes or aspects of EQ are explored in a simple clear and engaging format Each theme includes an introduction a list of activities for all ages quotes research fusion questions to engage the whole brain role models books and movies In addition there are 12 postcards and over 150 custom EQ stickers included in the book Emotional Intelligence: How to Manage Your Emotions and the Emotions of Others Patricia Carlisle, 2018-10-26 EMOTIONAL INTELLIGENCE How To Manage Your Emotions And The Emotions Of Others Today only get this Amazon bestseller for just 2 99 Regularly priced at 4 99 Read on your PC Mac smart phone tablet or Kindle device In its simplest and most concise form emotional intelligence referred to emotional intelligence as EI or emotional quotient as EQ is the ability to identify use understand and manage your own emotions in positive ways to relieve stress communicate effectively empathize with others overcome challenges and defuse conflict This ability also allows us to recognize and understand what other are experiencing emotionally This recognition and understanding is for the most part a nonverbal process that informs thinking and influences how well you connect with others Emotional intelligence differs from how we think of intellectual ability in that emotional intelligence is a learned not acquired This learning can take place at any time in life so the social and emotional skill set known as emotional intelligence is something we can all have People who are considered to have high EI can solve a variety of emotion related problems accurately and quickly They can correctly perceive emotions in faces of others and what the emotions convey For instance they know that angry people can be dangerous happy people want to relate with others and sad people often prefer to be alone High EI people are also adept at managing their own as well as others emotions they know how to use emotional episodes in their own lives to promote specific types of thinking Solving problems requires less cognitive effort for those with a high EI These individuals also tend to be higher in verbal social and other intelligences They are generally more open and agreeable and are drawn to occupations involving social interactions such as teaching counseling and interacting with others To learn more about emotional intelligence continue reading this book Here Is A Preview Of What You ll Learn Elements Of Emotional Intelligence Breaking Down The 10 Emotional Types Signs That You Lack Emotional Intelligence Understanding And Managing Your Emotional Triggers How To Use Emotional Intelligence To Improve Your Time Management How To Become Emotionally Intelligent How To Deal With Your Friends Emotions How To Deal With Your Friends Emotions Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99 Tags Emotions Intelligence managing emotions triggers control feelings inadequacy **The Little Book of Emotional Intelligence** Andy Cope, Amy

Bradley,2016-08-25 A SELF HELP MANUAL FOR HUMAN BEINGS The Little Book of Emotional Intelligence is an immediate outcome focused primer on the important topic of EQ which provides practical no nonsense life advice and takes a sideways look at a world which is complicated and overwhelming at times Do you seem to spend half your life counting down the days til your next holiday Does it sometimes feel like your life is being lived on fast forward with little time for reflection or idle amusement It s time to stop kicking happiness into the long grass and get on with really living Funny colourful and profound this book is a gripping manual for the human mind enabling you to understand and control your emotions communicate better unpick limiting beliefs and finally get around to living a happier more balanced life **The Emotional Intelligence**

Brandon Goleman,2019-06-17 Buy the paperback version of this book and get the Kindle book version for free Why is it that some people seem to cruise smoothly through life while the rest of us struggle to catch up You probably know one such person or even two in your life They make friends easily They know exactly what to say in social situations At work they are always up for consideration when a promotion is on the table They generally have everything figured out or so it seems It is sheer luck Are the gods of good fortune always looking favorably upon these individuals More often than not it is a question of emotional intelligence rather than luck For the longest time it was believed that being book smart was all you needed to get by in life That is until a different kind of smart was introduced into the picture Emotional intelligence is essentially the kind of smart you need to understand your emotions relate well to people and handle the curveballs that life may throw at you People with emotional intelligence seem to have everything figured out because they have mastered the most important thing of all They have mastered themselves The Emotional Intelligence is a handbook on all things that you may have questions about in regards to your emotional quotient abbreviated EQ It explores the various aspects of EQ from why we have emotions to why we need them It explains why emotional intelligence might get you further in life than IQ without necessarily diminishing the very important role played by book smarts in your life It goes further to bust the popular myths about emotional intelligence that exist thus allowing you to distinguish the truths from the misconceptions This book is dedicated to helping you explore the various components of emotional intelligence and show you how you can improve at each of them It discusses the role of emotional intelligence at home and in the workplace and helps you identify simple ways to go from low EQ to high EQ Do you know a person or two who always seems to sap your energy every time you interact with them You might be dealing with an energy vampire What is an energy vampire This question is answered comprehensively in this book complete with tips on how to deal with people who are intent on bringing out the worst in you otherwise known as energy vampires If success were a matter of sheer luck then many of us who are not necessarily lucky would be doomed to fail The Emotional Intelligence gives assurance that success in all areas of your life is well within your reach and it is not necessarily a function of luck if you take time to master your emotions and the emotions of those around you If you have been struggling to understand where your emotions fit in the overall picture of your life or what you can do to

achieve greatness in your personal and professional life then this book is perfect for you Do not allow yourself to live another day in oblivion Get ready to figure out the hard questions thanks to The Emotional Intelligence You will thank yourself later for choosing to read this book So scroll to the top of the page and click Buy Now to instantly download **Emotional Intelligence Toolkit** Jim Grant,Susan David,2015-04-01 A practical guide book to enhance emotional intelligence skills This book provides the opportunity for you to reflect on how why when and where your emotions interact with and contribute to or sabotage your thinking and behavior in all areas of your life With increased understanding and the practical tools provided throughout this book you will be able to effectively target the areas you want to improve further develop your areas of strength and help you achieve outcomes that are of value to you The book guides you through each of the MSCEIT's four branches and eight tasks gives further information about them and discusses the real life implications and possibilities for improvement in these areas It offers tips for greater effectiveness and development exercises to help you integrate and personalize the information for your circumstances **Emotional Intelligence for Women** Donna Mayer,2019-06-24

Emotional Intelligence at Work Hendrie Weisinger,1998 Emotional intelligence is a major determinant to success in the workplace This book shows how you can optimize your performance through masterfully managing your own E I

Emotional Intelligence Pooja V. Anand,2019-08-16 The book has been written with the aim to provide a comprehensive text to give a detailed understanding of the topic of emotional intelligence The book has been divided into nine chapters each covering a core aspect of emotional intelligence One of the most important features of the book is that it provides a new model called the 3S model of emotional intelligence developed by the author

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