

## THE PRACTICAL WAY TO GREAT RESULTS

# The EMOTIONAL INTELLIGENCE WOOK

- Assess where you are now
- Set goals you want to achieve
- Take practical steps to improve
- Monitor your progress
- Get to where you want to be



Jill Dann Derek Dann

Bestselling authors on Emotional Intelligence

# **Novel Emotional Intelligence Workbook**

**Daniel Goleman** 

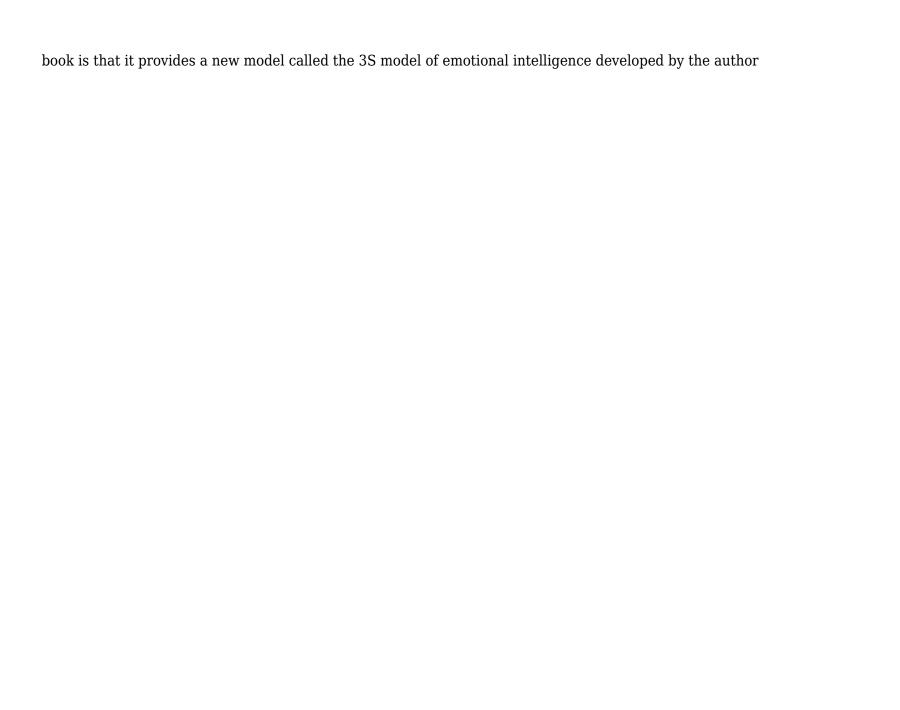
### **Novel Emotional Intelligence Workbook:**

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 Working with Emotional Intelligence Daniel Goleman, 1999 Do you want to be more successful at work Do you want to improve your chances of promotion Do you want to get on better with your colleagues Daniel Goleman draws on unparalleled access to business leaders around the world and the thorough research that is his trademark He demonstrates that emotional intelligence at work matters twice as much as cognitive abilities such as IQ or technical expertise in this inspiring sequel 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 The Emotional Intelligence Workbook [ill 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 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 Toolkit Jim Grant, Susan David, 2015-04-01 A practical guide book to enhance emotional

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