

THE PERSONAL DEVELOPMENT COLLECTION SELF-STUDY WORKBOOK



Emotional Intelligence

You might think work is not the place for strong emotions. That it's a place to be professional and in control. In fact, emotions are everywhere and your workplace is an intensely emotional place, even if you don't yet recognise it.

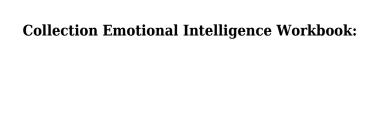
If you want to survive in the modern workplace, you need to strengthen your people skills and become an expert selfmanager, able to control your emotions even under fire, and that is why you need emotional intelligence.

NAME



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Paul Gerhardt, PhD.



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