WORKBOOK EMOTIONAL INTELLIGENCE 2.0



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The Emotional Intelligence Quick Book Travis Bradberry, Jean Greaves, 2006-12-01 An accessible how to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life EMOTIONAL INTELLIGENCE THE 1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE In today s fast paced world of competitive workplaces and chaotic personal lives each of us is searching for effective tools that can make our schedules behaviors and relationships more manageable The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers consultants and speakers to revitalize our current understanding of emotional intelligence They have combined their latest research on emotional intelligence with a guick easy to use format and cut to the chase information to demonstrate how this other kind of smart helps us to decrease our stress increase our productivity understand our emotions as they happen and interact positively with those around us The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before making EQ practical and easy to apply in every aspect of our daily lives The Quickbook will help you to Engage the four unique areas of EQ self awareness self management social awareness and relationship management Increase your EQ through the use of these skill building techniques Apply your EQ at work to develop leadership skills and improve teamwork making you a better manager and a more desirable employee Practice your EQ outside the office environment to benefit your relationships with loved ones making you a better partner and parent Access the link between your EQ and your physical well being to improve your overall health Measure your current EO through access to the authors bestselling online Emotional Intelligence Appraisal Your Ideal Retirement Workbook Larry Jacobson, 2024-06-11 Personal Goals for Your Golden Years Planning to retire soon Already retired Wondering what to do next Former CEO Larry Jacobson shares how to set the best personal goals for your next chapter in life Turn your dreams into achievements After years of hard work you probably feel entitled to a satisfying retirement But where do you start What does your post career life look like for you Rather than trial and error receive expert advice from retirement expert Larry Jacobson in Your Ideal Retirement Workbook Full of expert wisdom this golden years guidebook shows you how to find your new identity in a post career world You can start making the most out of your retirement without wasting time or energy in the wrong direction Build the retirement you desire and deserve Instead of wandering aimlessly unsure of what to do with your time Jacobson's effective and easy to follow tips and lessons take you on a journey of self discovery to find your purpose and fulfillment in retirement Your Ideal Retirement Workbook is a retirement book full of professional experience research and real results that will change the quality of your retirement Featuring practical answers and inspiring examples to take inspiration from you ll soon be enjoying the retired life of your dreams Inside Your Ideal Retirement Workbook you ll find practical strategies such as How to analyze risks for

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