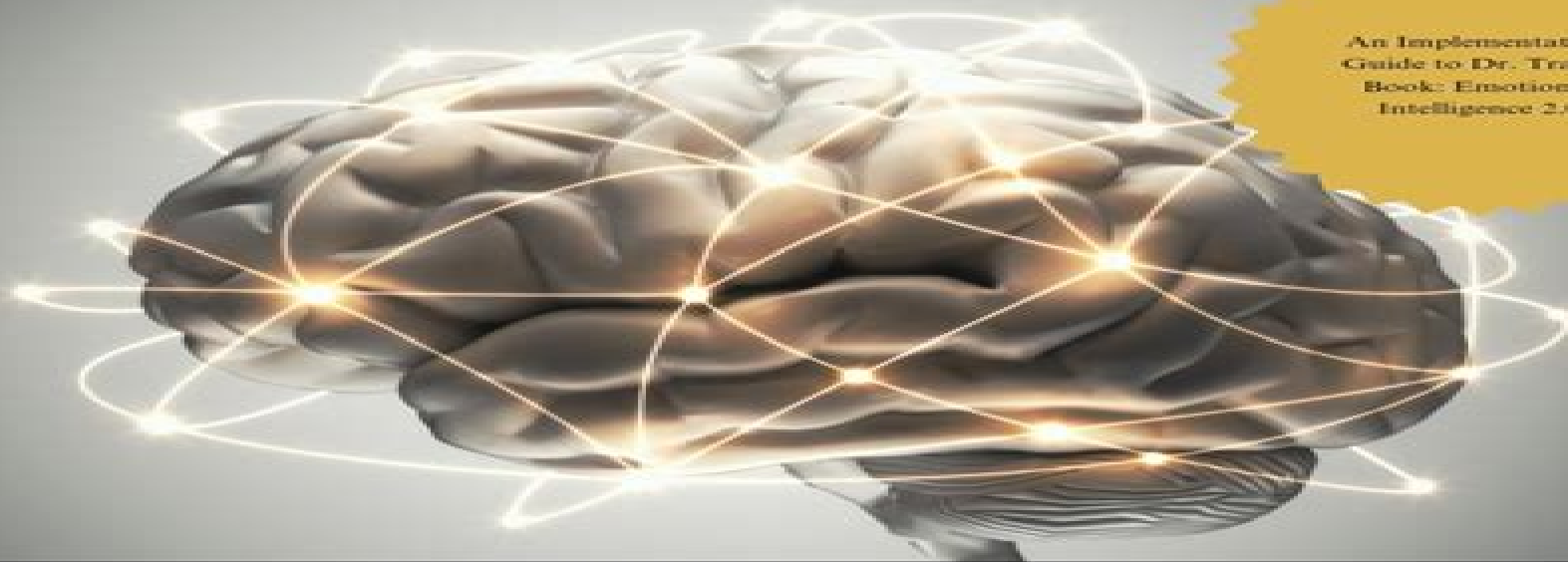


WORKBOOK

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INTELLIGENCE 2.0



An Implementation
Guide to Dr. Travis'
Book: Emotional
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JENNIFER STEPHEN

Emotional Intelligence Workbook Award Winning

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for deriving rich dividends through the development and application of EI skills mostly emotional and social in nature The book also helps people with high IQ to analyze that EQ and IQ goes hand in hand and by developing the EI skills they can excel in those spheres of life where they otherwise fail to excel with IQ alone The book is designed for the postgraduate students of Psychology Education and Management Besides the book is also useful for the professionals and general readers It is going to prove an asset for those who are suffering from failures and lack of confidence Key features Provides an easy workable model of EI for utilizing EI skills as key to success Includes reader friendly features like key ideas within boxes figures tables case studies and illustrations from daily life and Panchatantra stories and folk tales *The Little Book of Big Decision Models* James McGrath,2015-11-04 Leaders and Managers want quick answers quick ways to reach solutions ways and means to access knowledge that won't eat into their precious time and quick ideas that deliver a big result The Little Book of Big Decision Models cuts through all the noise and gives managers access to the very best decision making models that they need to keep things moving forward Every model is quick and easy to read and delivers the essential information and know how quickly efficiently and memorably **Ripped in Time Prehistoric Animals Break into US Parks Book 2:** AJ Griffith,2022-05-16 When Markie and the team are called to the High Schells Wilderness in Nevada they think that the situation is going to be easy But when they get confronted by predatory dinosaurs and get trapped in another time things change They now all have to survive and wait until a solution appears This will be quite an adventure for the watchers and the 5Ds *Change Your Life With Emotional Intelligence* Christine Wilding,2010-06-25 Change Your Life with Emotional Intelligence takes Daniel Goleman's revolutionary psychological theory and transforms it into practical self help for you to boost emotional awareness in any part of your life It introduces you to the principles of EI explaining why the qualities of assertiveness perception motivation etc really matter if you want to live a fulfilled and successful life The book takes an applied approach encouraging you first to understand your own emotional identity then to develop life skills like developing a sense of responsibility overcoming anger and being more assertive It will help you to use these skills to transform relationships with those around you either in the workplace or in personal relationships and will even offer insight into how to help your children develop emotional intelligence It is full of interactive exercises top tips and motivational quotes and offers plenty of further resources NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author's many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of emotional intelligence FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

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