



EMOTIONAL INTELLIGENCE WORKBOOK

Emotional Intelligence Workbook Paperback

Ronél Le Roux,Rina De Clerk

Emotional Intelligence Workbook Paperback:

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, 2005-09-27 1 BESTSELLER The groundbreaking book that redefines what it means to be smart with a new introduction by the author A thoughtfully written persuasive account explaining emotional intelligence and why it can be crucial USA Today Everyone knows that high IQ is no guarantee of success happiness or virtue but until Emotional Intelligence we could only guess why Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our two minds the rational and the emotional and how they together shape our destiny But why is emotional intelligence important Drawing on groundbreaking brain and behavioral research Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well These factors which include self awareness self discipline and empathy add up to a different way of being smart and they aren't fixed at birth Although shaped by childhood experiences emotional intelligence can be nurtured and strengthened throughout our adulthood with immediate benefits to our health our relationships and our work The twenty fifth anniversary edition of Emotional Intelligence could not come at a better time we spend so much of our time online more and more jobs are becoming automated and digitized and our children are picking up new technology faster than we ever imagined With a new introduction from the author the twenty fifth anniversary edition prepares readers now more than ever to reach their fullest potential and stand out from the pack with the help of EI

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 **Emotional Intelligence Workbook** Ronél Le Roux,Rina De Klerk,2001

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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 leaning 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 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

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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. [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 for Women](#) Donna Mayer, 2019-06-24

Emotional Intelligence Rina De Klerk, Ronél Le Roux, 2009-11-26 **The Little Book of Emotional Intelligence**

Andy Cope,Amy Bradley,2016-08-25 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 overwhelming at times Funny colourful and profound this book is a gripping manual for the human mind enabling you to understand and control your emotions communicate better and live a happier more balanced life

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