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# The EMOTIONAL INTELLIGENCE *workbook*

- 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

# Paperback Emotional Intelligence Workbook

**CO Houle**



## **Paperback 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

**Companion Workbook** Book Nerd, 2019-07-16 Apply the principles of Emotional Intelligence 2.0 to your life and let them drive you to accomplish your goals This companion workbook for Emotional Intelligence 2.0 will allow you to become more self aware socially aware and better at managing relationships The chapter by chapter workbook will allow you to examine your emotional intelligence and develop stronger skills Discover how you process emotion and reason Find out how self aware you are Become more socially aware Pick a social skill to improve upon Find out how feelings show up in your life Feel how stress shows up in your life Think about your communication style Change your self talk for the better Regain control of your emotions Prepare for life changes Improve your relationships And much more Please Note This is an unofficial companion workbook for Travis Bradberry's and Jean Greaves's Emotional Intelligence 2.0 This companion is designed to further your understanding of the book and is designed to help you take action This is not the original book

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develop healthy empathy so that you can better understand others without being sucked into their emotions You ll learn how to listen and communicate effectively and tune into non verbal communication and body language Large 8 5 x 11 inch format for ease of use This workbook is intended to be used with the Mindfulness and Meditation coaching program offered through TransformationAcademy com

**Emotional Intelligence Toolkit** Jim Grant,Susan David,2015-04-01 A practical guide book to enhance emotional intelligence skills This book provides the opportunity for you to reflect on how why when and where your emotions interact with and contribute to or sabotage your thinking and behavior in all areas of your life With increased understanding and the practical tools provided throughout this book you will be able to effectively target the areas you want to improve further develop your areas of strength and help you achieve outcomes that are of value to you The book guides you through each of the MSCEIT s four 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

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rapidly becoming one of the most important assets you can bring to the table It is also one of the most attainable Not everyone can run a four minute mile or design the next game changing tech but anyone can improve their EI if they re willing to do the work This companion guide to Connect Through Emotional Intelligence Learn to Master Self Understand Others and Build Strong Productive Relationships not only provides new tools and directed exercises but also an achievable plan to increase your EI Resources include Personal Assessments Thought provoking questions Motivational quotes Additional material Ongoing Applied EI projects If you re serious about improving your EI this workbook will serve as an encouraging guide that can push you further than you could push yourself This isn t about sitting in a circle and singing kumbaya It s about becoming a fully functioning adult who enjoys a higher quality of life in every area within themselves in their home with their friends and in their workplace The tangible results include Understanding and overcoming internal obstacles that hold you back Connecting with your coworkers and improving teamwork Increasing your empathy Giving more effective feedback and Resolving conflict productively These in turn can lead to lower stress greater productivity and an expanded value to your organization Will this workbook require time effort and a little vulnerability Yes Will it be worth it Absolutely

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## **Table of Contents Paperback Emotional Intelligence Workbook**

1. Understanding the eBook Paperback Emotional Intelligence Workbook
  - The Rise of Digital Reading Paperback Emotional Intelligence Workbook
  - Advantages of eBooks Over Traditional Books
2. Identifying Paperback Emotional Intelligence Workbook
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Paperback Emotional Intelligence Workbook
  - User-Friendly Interface
4. Exploring eBook Recommendations from Paperback Emotional Intelligence Workbook
  - Personalized Recommendations
  - Paperback Emotional Intelligence Workbook User Reviews and Ratings
  - Paperback Emotional Intelligence Workbook and Bestseller Lists
5. Accessing Paperback Emotional Intelligence Workbook Free and Paid eBooks
  - Paperback Emotional Intelligence Workbook Public Domain eBooks
  - Paperback Emotional Intelligence Workbook eBook Subscription Services
  - Paperback Emotional Intelligence Workbook Budget-Friendly Options
6. Navigating Paperback Emotional Intelligence Workbook eBook Formats
  - ePub, PDF, MOBI, and More
  - Paperback Emotional Intelligence Workbook Compatibility with Devices
  - Paperback Emotional Intelligence Workbook Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Paperback Emotional Intelligence Workbook
  - Highlighting and Note-Taking Paperback Emotional Intelligence Workbook
  - Interactive Elements Paperback Emotional Intelligence Workbook
8. Staying Engaged with Paperback Emotional Intelligence Workbook

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Paperback Emotional Intelligence Workbook
- 9. Balancing eBooks and Physical Books Paperback Emotional Intelligence Workbook
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Paperback Emotional Intelligence Workbook
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Paperback Emotional Intelligence Workbook
  - Setting Reading Goals Paperback Emotional Intelligence Workbook
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Paperback Emotional Intelligence Workbook
  - Fact-Checking eBook Content of Paperback Emotional Intelligence Workbook
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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