

THE PRACTICAL WAY TO GREAT RESULTS

Teach
Yourself

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

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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

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

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

Emotional

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The Emotional Intelligence Workbook Jill Dann,Derek Dann,2012-09-28 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 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'll learn strategies for reducing and releasing stress so you can better cope

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Emotional Intelligence: How to Manage Your Emotions and the Emotions of Others Patricia Carlisle,2018-10-26
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Connect Through Emotional Intelligence Workbook Mike Acker, 2021-08-27 Where you are is not where you have to stay

As the business world changes Emotional Intelligence is 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 **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 **Emotional Intelligence 2.0** Travis Bradberry, Jean Greaves, 2009 Includes a new enhanced online edition of the world's most popular emotional intelligence test **My EMOTIONS a Book of Big FEELINGS Journal for Kids** petit point Publishing, 2020-08-24 Boost Your Child's Emotional Intelligence EQ is the ability to understand use and manage our emotions helps us build strong relationships make good decisions and deal with difficult situations All kids have the capacity to learn emotional intelligence skills A great way to

develop your child's emotional intelligence is by encouraging them to create feelings and emotions journal My Emotions Journal is a Daily Journal with Positive Affirmations created to help children recognize what they feel and understand how they got there In this Journal kids can draw or write Therefore it will be a great gift for both 3 and 6 year old The Book is Perfectly sized at 8 5 x 11 in 21 59 x 27 94 cm and Contains 31 I feel pages to fill out 42 pages with a positive affirmation 3 pages with a monthly mood tracker and more all to help your child understand their feelings and emotions better and discover the wonderful unique person that they are

Emotional Intelligence Skills Guide and Workbook

Paul Gerhardt,2019-07-21 The best book on emotional intelligence skill building available Based upon the latest research this is perhaps the greatest tool ever developed to help leaders and employer of all levels develop the much needed emotional intelligence skills needed to develop better relationships manage potential conflict lower employee turnover and build trust This workbook breaks down key concepts in plain easy to read and easy to follow lessons to help you grow your emotional intelligence skills Read the short lessons reflect then build your skills by doing the short writing assignments at your own convenience Dr Paul Gerhardt has been teaching diversity and leadership skills since 2000 to thousands of leaders from many different organizations across the United States Visit www.SupervisionEssentials.com for other great training products and leadership lessons

The EQ Gym Workbook (English) Joshua Freedman,Natalie Roitman,2019-03 When we change everything changes Join us for a 6 week Emotional Intelligence workout to strengthen your EQ Muscles to increase insight connect more powerfully and step forward on purpose At Six Seconds our vision is a billion people practicing Emotional Intelligence EQ We believe that by practicing EQ we can create more peace and wellbeing in ourselves and in the world The Six Seconds community works in 174 countries and together we've supported over five million people to practice EQ so far plus you

Emotional Intelligence

James C. Ryder,2018-11-20 If you're looking to boost your Emotional Intelligence and gain back control of your life then keep reading Here's the thing You often feel that your life is dictated by the way you feel and that you can't be consistent from one day to the next You easily empathize with others without really needing to try but you often feel out of control Sound familiar If it does then the information inside this book has the answer We will show you the secrets to Emotional Intelligence that no one is taking advantage of We will guide you to develop it to higher levels meeting your potential and achieving your goals We will make sure you avoid the mistakes and take away all fear and doubt from your mind Imagine gain back control of your life Imagine living a happy life with confidence This powerful three book bundle provides highly effective techniques and exercises to takes you on a whistle stop journey from low EQ to high EQ You'll learn how to foster better relationships communicate effectively set yourself goals for the future adopt a more content happy and positive outlook and most importantly how to control negative emotions and steer your own ship without outside influences In this guide you will discover Book 1 42 Effective Techniques Why is Emotional Intelligence Vital For a Happy Healthy and Fulfilling Life How to Control Anger and Use it in a Positive Way The Secrets to Improve Motivation Avoiding

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