

# Emotional Intelligence Workbook

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A Practical Guide to  
Michelle Scarlett's EI Book

# Insights Emotional Intelligence Workbook

**Ronél Le Roux, Rina De Klerk**



## **Insights Emotional Intelligence Workbook:**

**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](http://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. EQ Workbook, 2012-01-01 The EQ Workbook is designed to support a thorough and actionable introduction to emotional intelligence. Rooted in MHS EQ i2 0 model, this workbook is perfect for one on one coaching or group training sessions. It explores each of the 16 elements of EQ including what each looks and sounds like in deficit and excess and what actions or developed skills could lead to better performance or greater balance. Designed to support both trainers and end users directly, it includes over seventy suggested experiments and action steps to support people wanting to move beyond simple EQ insight to more meaningful development. **EQ Workbook** Rutledge, 2012-01-01 OK! The EQ Workbook is designed to support a thorough and actionable introduction to emotional intelligence. Rooted in MHS EQ i2 0 model, this workbook is perfect for one on one coaching or group training sessions. It explores each of the 16 elements of EQ including what each looks and sounds like in deficit and excess and what actions or developed skills could lead to better performance or greater balance. Designed to support both trainers and end users directly, it includes over seventy suggested experiments and action steps to support people wanting to move beyond simple EQ insight to more meaningful development. EQ Workbook Hile Rutledge, 2012-01-01 The EQ Workbook is designed to support a thorough and actionable introduction to emotional intelligence. Rooted in MHS EQ i2 0 model, this workbook is perfect for one on one coaching or group training sessions. It explores each of the 16 elements of EQ including what each looks and sounds like in deficit and excess and what actions or developed skills could lead to better performance or greater balance. Designed to support both trainers and end users directly, it includes over seventy suggested experiments and action steps to support people wanting to move beyond

simple EQ insight to more meaningful development

**Emotional Intelligence In A Week** Jill Dann, 2012-06-22

Developing your emotional intelligence just got easier Experts are beginning to agree that types of intelligence other than IQ Intelligence Quotient have evolved as human capacities over the last two million years Low Emotional Intelligence Quotient or EQ can be perceived as the absence of control over the outcome of a situation Do you ever feel like this is the case you keep getting poor luck or cannot influence better results When you have a high EQ you are adept at interpreting the emotional roots of your thinking and behaviours and choosing your actions for beneficial outcomes You may also be capable of making good insights into the behaviours and reactions of others through empathy and rapport These topics are explored step by step in Emotional Intelligence In A Week You will gain an understanding of EI through finding out about Pessimism and optimism Key milestones in the development of EI related concepts Measurement of EQ a list of assessments Identifying the benefits of emotional fitness How EI is learnable When you get emotionally hijacked How it will change you How and why to keep a journal Over this week long course you will cover Sunday Learn how emotional intelligence is relevant to you and how and why there are benefits to developing higher levels Monday Learn how heightened your self awareness is and the implications on your life currently for your personal life and as a leader of others Tuesday Learn about the mechanisms of self control emotional memory and consciousness to take control of behavioural patterns Wednesday Learn about stress identification and beneficial management strategies Thursday Diagnose and explore change in your organization to create change manage uncertainty and gain momentum Friday Design and create a new emotionally literate culture learning environment and a coaching ethos Saturday Learn how to design and tailor successful personal development

*Emotional Intelligence Workbook* Paul Gerhardt, PhD., 2015-02-21 Emotional intelligence EI is the single most important thing every person must develop in order to have successful careers and home life Contemporary research has been proven that Emotional Intelligence is directly related to each person's career success by as much as 95%% This workbook teaches readers what emotional intelligence is Use each easy step by step section to build your Emotional Intelligence Visit [www.paulgerhardt.com](http://www.paulgerhardt.com) to learn more

**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

**Change Your Life with Emotional**

**Intelligence** Christine Wilding, 2010 Is this the right book for me Boost emotional awareness in any part of your life 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 Change Your Life With Emotional Intelligence includes Part one Understanding emotional intelligence Chapter 1 Emotional intelligence a first look Chapter 2 Why is emotional intelligence so important Part two Emotional intelligence and you becoming personally competent Chapter 3 How do you see yourself Chapter 4 Thinking straight Chapter 5 Developing your personal core values Chapter 6 Emotional intelligence and resilience Chapter 7 Using emotional intelligence to defeat anger Part three Emotional intelligence and others Chapter 8 Social responsibility Chapter 9 Developing communication skills Chapter 10 Emotional intelligence in the workplace Chapter 11 Emotional intelligence within an intimate relationship Chapter 12 Developing emotionally intelligent children Learn effortlessly with a new easy to read page design and interactive features 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 to give you a richer understanding of the subject 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

**The Language of Emotions Workbook** Karla McLaren, 2024-12-10 The only official workbook from beloved teacher Karla McLaren Practical exercises to learn the messages in every feeling deepen emotional intelligence and live with self compassion Understanding our emotions can be hard Many of us have never been taught how to work with our emotions other than trying to avoid them when they're unpleasant for us or others Empathy researcher Karla McLaren teaches us a better way than repression All of your emotions are essential to your well being Each one brings you a specific kind of intelligence to guide your thoughts and actions she writes With The Language of Emotions Workbook this innovative teacher offers practical tools and exercises to help you understand the wisdom in your emotions so you can live with more ease This engaging workbook distills the key points of McLaren's beloved book The Language of Emotions translated into 11 languages worldwide into short accessible exercises You'll learn Empathic mindfulness practices to connect with yourself and your feelings including Getting Grounded and Focused Defining Your Boundary Conscious Complaining Burning Contracts

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Skills Assessment EISA workshop in which you will be given the opportunity to measure your skills in five key areas Perceiving Managing Decision Making Achieving and Influencing These are the key areas that most influence personal performance Once you have completed the 50 item self and 360 assessments the EISA workbook will help you better understand how emotional and social skills impact your performance and how you can strengthen your effectiveness by using these skills successfully The EISA participant workbook will also help you Discover the major components of emotional intelligence Recognize the behaviors and characteristics of an emotionally intelligent person Identify areas where you can apply emotional intelligence Evaluate your own emotional strengths and opportunities for growth Generate action steps for improving your emotional and social abilities that will lead to success

**Emotional Intelligence Workbook** Ronél Le Roux,Rina De Klerk,2001 *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 with life events You ll 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

Mental Health of Children and Adolescents with Intellectual and Developmental Disabilities David Dosetor,Donna White,Lesley Whatson,2011-06-01 Children and adolescents with intellectual and developmental disabilities are at high risk of co morbid emotional behavioural and psychiatric problems that may further reduce their functional abilities For the clinicians who support them and their families meeting the needs of children and adolescents with intellectual and developmental disabilities and mental health problems is challenging In this book clinicians who work with young people with intellectual and developmental disabilities and mental health problems will find a comprehensive framework for how their complex needs might best be addressed Relevant biological developmental family educational social and cultural factors are integrated The evolution of developmental sequence is seen as vital to understanding the mental health problems of young people with disabilities This view informs multi dimensional assessment of behaviour and addresses conceptual confusion in defining behaviour problems developmental disorders mental disorders and serious mental illnesses Evidence based interventions to promote skill development and mental health in young people with disabilities are described A model for how interdisciplinary and multi agency collaboration and co ordination might be facilitated is outlined Parents perspectives are also presented Fundamentally though this is a book by clinicians for clinicians All clinicians and other professionals who work

to improve mental health outcomes and quality of life more generally for young people who have intellectual and developmental disabilities paediatricians child psychiatrists psychologists speech pathologists occupational therapists social workers behaviour clinicians counsellors teachers agency managers among others will find the book invaluable

EMOTIONAL INTELLIGENCE SKILLS WORKBOOK STEPHANIE. CATELLA, 2024



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