



EMOTIONAL
INTELLIGENCE
WORKBOOK

Paperback Emotional Intelligence Workbook

Minjie Lin



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 [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: 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

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

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 to learn more

Emotional Intelligence Rina De Klerk,Ronél Le Roux,2009-11-26

Handle with Care Joshua M. Freedman,Anabel L. Jensen,Marsha C. Rideout,Patricia E. Freedman,1998 A beautiful book that simply and directly shows how to build emotional intelligence Emotional intelligence and its critical importance to life and work success are clearly defined in the introduction 24 essential themes or aspects of EQ are explored in a simple clear and engaging format Each theme includes an introduction a list of activities for all ages quotes research fusion questions to engage the whole brain role models books and movies In addition there are 12 postcards

and over 150 custom EQ stickers included in the book *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 [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 learning 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 **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 [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.

The Emotional Intelligence Quick Book Travis Bradberry, Jean Greaves, 2005-06-07. An accessible how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. **EMOTIONAL INTELLIGENCE THE 1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE**. In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. **The Emotional Intelligence Quickbook** shows us how understanding and

utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers consultants and speakers to revitalize our current understanding of emotional intelligence They have combined their latest research on emotional intelligence with a quick easy to use format and cut to the chase information to demonstrate how this other kind of smart helps us to decrease our stress increase our productivity understand our emotions as they happen and interact positively with those around us The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before making EQ practical and easy to apply in every aspect of our daily lives The Quickbook will help you to Engage the four unique areas of EQ self awareness self management social awareness and relationship management Increase your EQ through the use of these skill building techniques Apply your EQ at work to develop leadership skills and improve teamwork making you a better manager and a more desirable employee Practice your EQ outside the office environment to benefit your relationships with loved ones making you a better partner and parent Access the link between your EQ and your physical well being to improve your overall health Measure your current EQ through access to the authors bestselling online Emotional Intelligence Appraisal

Working with Emotional Intelligence Daniel Goleman,2000-01-04 Do you have what it takes to succeed in your career The secret of success is not what they taught you in school What matters most is not IQ not a business school degree not even technical know how or years of expertise The single most important factor in job performance and advancement is emotional intelligence Emotional intelligence is actually a set of skills that anyone can acquire and in this practical guide Daniel Goleman identifies them explains their importance and shows how they can be fostered For leaders emotional intelligence is almost 90 percent of what sets stars apart from the mediocre As Goleman documents it s the essential ingredient for reaching and staying at the top in any field even in high tech careers And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today and the future Comprehensively researched crisply written and packed with fascinating case histories of triumphs disasters and dramatic turnarounds *Working with Emotional Intelligence* may be the most important business book you ll ever read Drawing on unparalleled access to business leaders around the world and studies in more than 500 organizations Goleman documents an astonishing fact in determining star performance in every field emotional intelligence matters twice as much as IQ or technical expertise Readers also discover how emotional competence can be learned Goleman analyzes five key sets of skills and vividly shows how they determine who is hired and who is fired in the top corporations in the world He also provides guidelines for training in the emotionally intelligent organization in chapters that no one from manager to CEO should miss *Working with Emotional Intelligence* could prove to be the most important reference for bottom line businesspeople in the first decades of the 21st century

Emotional Intelligence 2.0 Travis Bradberry,Jean Greaves,2009 Includes a new enhanced online edition of the world s most popular emotional intelligence test **Emotional Intelligence**

Daniel Goleman, 2009-07-20 Worldwide bestseller about why your emotional intelligence is more important than your IQ

The Emotional Intelligence Quick Book, 2017 [The Emotional Intelligence Activity Book](#) Adele Lynn, 2001-12-26

We've all heard of IQ but what's EQ? It's Emotional Quotient aka Emotional Intelligence and experts say that EQ is a greater predictor of success at work than IQ. Companies are increasingly looking for ways to motivate and develop their employees' emotional intelligence. This book presents trainers and coaches with 50 innovative exercises to be used for either individuals or groups. The activities found in the book are grouped according to the various core competencies associated with Emotional Intelligence: Self-Awareness and Control (an awareness of one's values, emotions, skills, and drives and the ability to control one's emotional responses); Empathy (an understanding of how others perceive situations); Social Expertness (the ability to build relationships based on an assumption of human equality); and Mastery of Vision (the development and communication of a personal philosophy). The book also includes suggested training combinations and coaching tips.

Emotional Intelligence Training
Lulu Books, 2020-05-25 Over 40 exercises and plays to develop your child's emotional intelligence. If you are looking for ideas to support the emotional side of your child, our activity book is a perfect choice for you. With this book, you will discover several dozen exercises that let you develop the emotional intelligence of your kid. Except for the description of the plays, we also included a place for your notes and observations. Do you wonder how you can spend a lovely time with your little one and improve his/her social skills at the same time? This book is plenty of creative ideas for both of you. No matter if you are new parents, you have more than 1 child, or you are experienced mothers and fathers, emotional intelligence training will help you organize a fantastic teaching time for you and your whole family. Why is emotional intelligence development so crucial in the everyday life of your child? Lots of parents don't know how important it is to develop the emotional intelligence of their children. Awareness of your and other people's emotions and the ability to deal with them have a huge impact on life; they let you make positive relations with people, affect dealing with problems, and succeeding in personal and professional life. Lack of these abilities may cause mental problems on every step of life. Emotional intelligence training is the best source of ideas which will teach your kids one of the most essential skills: emotional intelligence. Features 96 pages in total, convenient 8.5x11 size, 41 plays and exercises for kids and their parents. Additional places for your notes, observations, child's drawings.

The Little Book of Emotional Intelligence Andrew Cope, 2017

Enjoying the Beat of Phrase: An Emotional Symphony within **Paperback Emotional Intelligence Workbook**

In a global taken by monitors and the ceaseless chatter of instant communication, the melodic splendor and mental symphony created by the written word frequently disappear into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Paperback Emotional Intelligence Workbook** a marvelous fictional treasure filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this charming masterpiece conducts viewers on a mental trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of this poignant review, we can investigate the book is key harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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