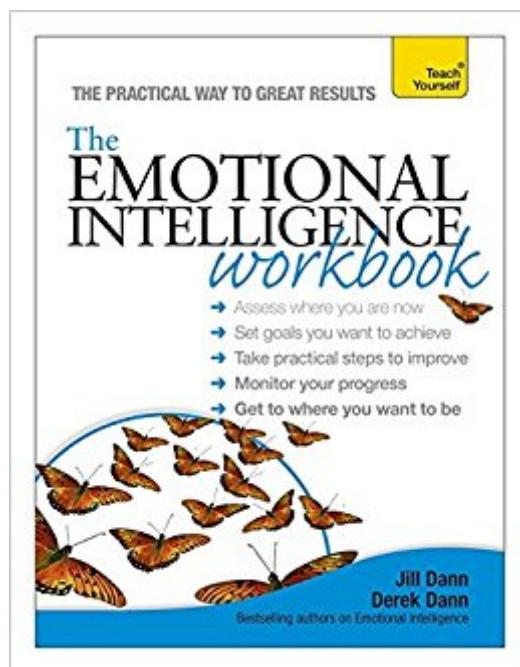


The book was found

# Emotional Intelligence Workbook A Teach Yourself Guide



## **Synopsis**

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 social, physiological and psychological EI activities, will help you to boost your emotional intelligence so that you can reach your potential in many situations.

## **Book Information**

Series: Teach Yourself

Paperback: 288 pages

Publisher: McGraw-Hill Education; 1 edition (November 5, 2012)

Language: English

ISBN-10: 1444176749

ISBN-13: 978-1444176742

Product Dimensions: 7.5 x 0.5 x 9.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 5 customer reviews

Best Sellers Rank: #443,346 in Books (See Top 100 in Books) #213 in Books > Self-Help > Hypnosis #1149 in Books > Health, Fitness & Dieting > Mental Health > Emotions #1358 in Books > Self-Help > Creativity

## **Customer Reviews**

This is the sixth book Jill Dann has written for Hodder Education and the first that is co-authored with my husband, Derek. This is our first self-help book which has been published with space for you to write in your answers. It is hard to give an unknown reader everything that they may need to embark on a development programme without further support but we hope we have succeeded - we all are unique and have different levels of self-awareness and the ability to see ourselves as others see us. We have written workbooks to accompany tailored in-house programmes for each of our clients: for example, John Lewis staff officers' conference, Marks

and Spencers training team, FirstDirect bank training managers, Victoria University Wellington NZ  
MBA enrichment programmes, Halifax District Branch Managers, egg associates and team  
leaderÂ Â induction, the CIPD Public EI course and the Leadership with EI for the CMIÂ Â plus  
exercise sheets to augment many shorter events.Â Â We want to develop a range of apps for  
smartphones which can support your self-development week by week and month by month. Please  
contactÂ Â with requests if you or your organisation have specific requirements.Â Â We really do  
want you to improve your quality of life wherever you are and whatever your circumstances.

We wish we'd recognisedÂ Â whenÂ Â we were starting out that when someone in authority says "we want you to challenge us", that is the last thing they want to experience you doing. Learning the emotional intelligence capability to influence people for the common good is a worthy objective for anyone trying to make changes happen and for them to stick. The best advice either of us hasÂ Â ever been given is,Â Â "Recognise that it is not what people do that is most fascinating but why they do it. Through this insight you know what drives them and what opens them to influence." Much more is learned by listening to people and really paying attention to every aspect of their behaviour including the words they speak. The ability to listen to others is the most underrated skill in business... alongside the ability to hear what they mean. It is probable that the person who says the least knows the most. Everyone knows that we have two ears and one mouth but how many of us have the self-discipline to use them in that ratio?

Well designed exercises. I would have liked a chapter on identifying emotions.

Great book it really does help :)

Very helpful and easy to use.

I have yet to find a workbook that appeals to adults...especially court mandated adults. This book was OK, but not quite what I was hoping to find.

Good Text

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Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook)

Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Emotional Intelligence Workbook A Teach Yourself Guide Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Understand Postmodernism: A Teach Yourself Guide (Teach Yourself: General Reference) Complete Portuguese: A Teach Yourself Guide (Teach Yourself Language) Complete Spanish with Two Audio CDs: A Teach Yourself Guide (Teach Yourself Language) Teach Yourself French Conversation (3CDs + Guide) (Teach Yourself: Language) Rush-Hour Italian: A Teach Yourself Guide with Four Audio CDs (Teach Yourself Language) Speak Russian with Confidence with Three Audio CDs: A Teach Yourself Guide (Teach Yourself: Level 2 (Audio)) Market Research In a Week: A Teach Yourself Guide (Teach Yourself: Business) Understand Film Studies: A Teach Yourself Guide (Teach Yourself: Reference) Complete Danish with Audio Disk: A Teach Yourself Guide: Course book + 4-hour audio recordings (Teach Yourself Language) Get Started in Hindi with Two Audio CDs: A Teach Yourself Guide, Second Edition (Teach Yourself Language) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Banjo: Everything You Need to Know to Start Playing the 5-String Banjo, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now!, Book, CD & DVD (Teach Yourself Series)

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