

Emotional Intelligence

A Practical Guide

Self-Knowledge

*Managing Your
Emotions*

*Understanding
Others*



by Dr. David Walton

Emotional Intelligence A Practical Guide

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journey of Emotions and their challenges You will explore ways to develop your EQ You will learn how to improve your relationships And many more This Emotional Intelligence The Definitive Practical Guide to Understand Your Emotions Develop Your EQ and Improve Your Relationships is your must have first guide to explore and get the perfect name for your little one The Bottom Line Do you want to find out what is your EQ potential and how it can matters in your success What are you waiting for Get your book today by making the smartest decision you could possibly make this year Discover what your gift is and harness it to do good Don t hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page

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Emotional Intelligence Sarah ANGELA,2019-03-07 While some of us sit to wonder why Emotional Intelligence EQ is that important others want to know why they need to understand it and make use of it correctly EQ comes in different forms There is a difference between men and women or between people of different ages or people doing different kinds of jobs The key information summarised in this book Emotional Intelligence A Practical Guide Emotional Intelligence Cognitive Behavioral Therapy anger management Self Discipline Communication Skills to Handle Difficult Conversations and Boost Emotional Intelligence is the result of many studies documented in books research papers and case studies during the last twenty years Although there are many different ways to teach and learn about EQ whatever your current level this book will provide you with the right support activities and commitment until you improve Unlike your cognitive intelligence or IQ which peaks around the age of seventeen and stays constant throughout most of your life until it declines in old age your EQ can be improved at any age in life In order to gain success and happiness in life EQ is so much needed This book will help you in different areas of your life and it also talks about several topics such as Ang r M n g m nt And T hniqu R i ing Em ti n l Intelligence Controlling Your Feelings The Key to Great Relationships Work Place Communication Skills Benefits of Emotional Intelligence Personal Productivity Or Emotional Intelligence And Financial Crisis and Emotional Intelligence You will discover how to boost your EQ and you could increase your EQ by learning and mastering a few key skills So don t hesitate to grab a copy NOW

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Emotional Intelligence 'Iffah Kanaan,2014-11-26 Emotional intelligence EI is the ability to monitor one s own and other people s emotions to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior Studies have shown that people with high EI have greater mental health exemplary job performance and more potent leadership skills Markers of EI and methods of developing it have become more widely coveted in the past few decades In addition studies have begun to provide evidence to help characterize the neural mechanisms of emotional intelligence Table of Contents Preface 7 1 Overview of Emotional Intelligence 9 1 1 Introduction 9 1 2 Theories of Multiple Intelligences 10 1 3 The Importance of Emotions 11 1 4 Emotions and the Brain 13 2 Why Emotional Intelligence Matters in the Workplace 15 2 1 Introduction 15 2 2 Case Study Examples 17 3 Models of Emotional Intelligence 21 3 1 Introduction 21 3 2 The Ability Based Model 21 3 3 The Trait Model of EI 22 Mixed Models of EI 23 4 Self Awareness 26 4 1 Introduction 26 4 2 Emotional Self Awareness 26 4 3 Accurate Self Assessment 30 4 4 Self Confidence 33 5 Self Management 35 5 1 Introduction 35 5 2 Self Control 36 5 3 Trustworthiness 40 5 4 Conscientiousness 40 5 5 Adaptability 41 5 6 Achievement Orientation 42 5 7 Initiative 43 Social Awareness 44 6 1 Introduction 44 6 2 Empathy 44 6 3 Organizational Awareness 47 6 4 Service Orientation 48 7 Social Skills 49 7 1 Introduction 49 7 2 Influence 50 7 3 Leadership 51 7 4 Developing Others 51 7 5 Communication 52 7 6 Change Catalyst 52 7 7 Conflict Management 53 7 8 Building Bonds 54 7 9 Teamwork and Collaboration 55 8 Resources 56

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Emotional Intelligence: a Practical Guide to Mastering Emotions Jonny Bell, 2014-05-03 Understanding emotions is one of the most important aspects of personal development and growth Without truly mastering our emotions we run a high risk in behaving without awareness Throughout years society has come to believe that our level of IQ will determine the success of a person's life However in recent years psychologists have found new insight by studying successful people The results have been surprising because what determines a person's life success is not IQ but rather EI Emotional Intelligence EI is the foundation of living a successful and meaningful life People who succeed in life have a tremendous awareness of their emotions Inside this book you will be on the path of living a life that includes the following Emotional Mastery Awareness of your own emotions and others Effortlessly redirecting your emotions A deeper connection with the people you love Do not allow your emotions to take over your life and instead master the art of your emotions today

Emotional Intelligence David Walton, 2012 Emotional Intelligence A Practical Guide shows how you can improve your personal and professional relationships your health your children's prospects and more With exercises case studies and useful tips it helps you put the principles of EI into practice to achieve a happier healthier life STAY IN CONTROL with a greater understanding of yourself INFLUENCE OTHERS through assertive communication HELP YOUR CHILD AT SCHOOL by improving their concentration and behaviour IMPROVE YOUR PHYSICAL WELL BEING by regulating your emotions Publisher's description

Practical Guide to Emotional Intelligence Mastery 2.0 Daniel James, 2018-10-21 Inside this guidebook you'll discover a variety of techniques that you can use to do this influencing

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