

# Emotional Intelligence Workbook

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Michelle Scarlett's EI Book

# Emotional Intelligence Workbook 2026 Guide

**Eric Jordan**



## **Emotional Intelligence Workbook 2026 Guide:**

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

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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 *Raising Your Emotional Intelligence* Jeanne Segal, 1997-06-15 Self

assessment quizzes let you start by determining your current level of emotional awareness From there carefully designed exercises involve you in the critical phases of building emotional muscle and developing active emotional awareness Cover

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