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The EMOTIONAL INTELLIGENCE *workbook*

- Assess where you are now
- Set goals you want to achieve
- Take practical steps to improve
- Monitor your progress
- Get to where you want to be



Jill Dann
Derek Dann

Bestselling authors on Emotional Intelligence

Emotional Intelligence Workbook Novel

Jill Dann, Derek Dann



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

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

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

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buddies as they gather and describe various emotions Based on the latest science of child psychological development and distilled into easy to understand language this fun and interactive book will boost kids emotional IQ while improving their reading skills *My EMOTIONS a Book of Big FEELINGS Journal for Kids* petit point Publishing,2020-08-24 Boost Your Child's Emotional Intelligence EQ is the ability to understand use and manage our emotions helps us build strong relationships make good decisions and deal with difficult situations All kids have the capacity to learn emotional intelligence skills A great way to develop your child's emotional intelligence is by encouraging them to create feelings and emotions journal My Emotions Journal is a Daily Journal with Positive Affirmations created to help children recognize what they feel and understand how they got there In this Journal kids can draw or write Therefore it will be a great gift for both 3 and 6 year old The Book is Perfectly sized at 8.5 x 11 in 21.59 x 27.94 cm and Contains 31 I feel pages to fill out 42 pages with a positive affirmation 3 pages with a monthly mood tracker and more all to help your child understand their feelings and emotions better and discover the wonderful unique person that they are *Big Feelings* Samuel Rashad,2025-08-08 Big Feelings An Emotional Intelligence WORKBOOK is a bright colorful and empowering book that helps little ones turn tough emotions into powerful life skills Join 7 year old Bomani as he faces four big feelings anger sadness fear and frustration and learns smart positive ways to work through them Through relatable stories a helpful question and answer section and a guided journaling space children will learn how to Recognize what they're feeling and why Express emotions without hurting themselves or others Find real solutions to everyday challenges Perfect for ages 6-10 this engaging guide combines storytelling problem solving tips and hands on activities to help young ones build self awareness confidence and lifelong emotional strength *Building Skills to Uplevel Life* Ann Silvers,2023-08-03 Emotional Intelligence workbook **Connect Through Emotional Intelligence Workbook** Mike Acker,2021-08-27 Where you are is not where you have to stay As the business world changes Emotional Intelligence is rapidly becoming one of the most important assets you can bring to the table It is also one of the most attainable Not everyone can run a four minute mile or design the next game changing tech but anyone can improve their EI if they're willing to do the work This companion guide to Connect Through Emotional Intelligence Learn to Master Self Understand Others and Build Strong Productive Relationships not only provides new tools and directed exercises but also an achievable plan to increase your EI Resources include Personal Assessments Thought provoking questions Motivational quotes Additional material Ongoing Applied EI projects If you're serious about improving your EI this workbook will serve as an encouraging guide that can push you further than you could push yourself This isn't about sitting in a circle and singing kumbaya It's about becoming a fully functioning adult who enjoys a higher quality of life in every area within themselves in their home with their friends and in their workplace The tangible results include Understanding and overcoming internal obstacles that hold you back Connecting with your coworkers and improving teamwork Increasing your empathy Giving more effective feedback and Resolving conflict productively These in turn can lead

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