



The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work

By Adele B. Lynn



The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn

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 * Mastery of Vision: the development and communication of a personal philosophy The book also includes suggested training combinations and coaching tips.

 [Download The Emotional Intelligence Activity Book: 50 Activ ...pdf](#)

 [Read Online The Emotional Intelligence Activity Book: 50 Act ...pdf](#)

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work

By Adele B. Lynn

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn

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 * Mastery of Vision: the development and communication of a personal philosophy The book also includes suggested training combinations and coaching tips.

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn Bibliography

- Sales Rank: #981913 in Books
- Brand: Brand: AMACOM
- Published on: 2001-12-26
- Released on: 2001-12-26
- Original language: English
- Number of items: 1
- Dimensions: 10.90" h x .65" w x 8.40" l, 1.53 pounds
- Binding: Paperback
- 304 pages

 [Download The Emotional Intelligence Activity Book: 50 Activ ...pdf](#)

 [Read Online The Emotional Intelligence Activity Book: 50 Act ...pdf](#)

Adele B. Lynn (Belle Vernon, PA) is the founder of Lynn Learning Labs, which consults with companies throughout the world. She is a frequent guest on radio talk shows, as well as a member of the National Speakers Association.

Read The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn for online ebook

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn books to read online.

Online The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn ebook PDF download

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn Doc

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn Mobipocket

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work By Adele B. Lynn EPub