

WORKBOOK

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An Implementation
Guide to Dr. Travis'
Book: Emotional
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JENNIFER STEPHEN

Emotional Intelligence Complete Workbook

Rina De Klerk, Ronél Le Roux



Emotional Intelligence Complete Workbook:

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Emotional Intelligence Rina De Klerk,Ronél Le Roux,2009-11-26 **The Emotional Intelligence Workbook** Jill Dann,Derek Dann,2012-09-28 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 NLP hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation

This book delves into Emotional Intelligence Complete Workbook. Emotional Intelligence Complete Workbook is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Emotional Intelligence Complete Workbook, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Emotional Intelligence Complete Workbook
- Chapter 2: Essential Elements of Emotional Intelligence Complete Workbook
- Chapter 3: Emotional Intelligence Complete Workbook in Everyday Life
- Chapter 4: Emotional Intelligence Complete Workbook in Specific Contexts
- Chapter 5: Conclusion

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6. In chapter 5, this book will draw a conclusion about Emotional Intelligence Complete Workbook. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Emotional Intelligence Complete Workbook.

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