

EMOTIONAL INTELLIGENCE



HOW TO MEASURE AND ASSESS

Emotional Intelligence Tricks

L Darling-Hammond



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Emotional Intelligence Ryan James, 2020-06-18 Emotional Intelligence Series Book 5 Do you want to manage stress? Do you want to learn how to assert yourself? Do you want to be understood? Do you want to understand other people better? These are just some of the concerns that developing your emotional intelligence will address. Having a high intelligence quotient (IQ) may not be enough to achieve success. Psychologists say that emotional intelligence has a huge impact on your professional success. A study conducted by TalentSmart shows that emotional intelligence or IE, popularly known as EQ, is the biggest predictor of job performance. That's because emotional intelligence is the foundation of all critical skills: empathy, anger management, assertiveness, flexibility, accountability, communication, presentation skills, and stress tolerance. Over ninety percent of the people who are doing well at work have high emotional intelligence. The good news is you can develop emotional intelligence. This book contains practical and easy-to-follow steps that will help increase your EQ. You'll learn: What emotional intelligence is; Traits of people with high emotional intelligence; Traits of people with low emotional intelligence; 21 practical tips that will help you increase your emotional intelligence; How to set personal boundaries; How to get to know yourself deeply; How to increase your optimism and resilience; Real stories of people with low and high emotional intelligence; 30 empathy statements; 100 techniques to help you beat stress; And more. It's time to get out of the emotional roller coaster that you're in and start understanding and managing your emotions. This book will help increase your self-control, conscientiousness, adaptability, motivation, and trustworthiness. Most of all, this book helps you understand other people more so that you can build deeper and more meaningful relationships. Grab this book now and change your life.

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Emotional Intelligence Pocketbook Gill Hasson, 2017-04-10 A practical how to guide to changing the way you think about your emotions Bestselling personal development author Gill Hasson is back with this pocket sized guide to dealing with your emotions Learn how to understand yourself and those around you with practical tips and tricks that will help you be more assertive forge stronger relationships and manage anxiety Did you know that the way you approach your own thoughts and feelings determines your happiness and success in every area of your life Just think about it for a second it s not necessarily the smartest people that are the most successful or the most fulfilled in life being clever or highly skilled isn t enough Your ability to manage your feelings other people and your interactions with them are what makes all the difference This highly practical book is full of advice tips and techniques to help you Understand and manage your emotions Become more assertive and confident Develop your social skills and your interactions with others Handle difficult situations events and other people The Emotional Intelligence Pocketbook is your practical how to guide for understanding yourself and those around you

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