

# **Tricks Emotional Intelligence**

Mike Phipps, Colin Gautrey

#### **Tricks Emotional Intelligence:**

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 has 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 **Emotional** <u>Intelligence</u> Ryan James, 2019-07-12 It s time to get out of the emotional roller coaster that you re in and start managing your emotions This book will help increase your self control conscientiousness adaptability motivation and trustworthiness Also this book helps you understand other people more so that you can build deeper and more meaningful relationships

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stress tolerance Over ninety percent of the people who are doing well at work has 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 21 Dirty Tricks at Work Mike Phipps, Colin Gautrey, 2013-04-05 21 Dirty Tricks at Work is about lies The type of underhand pernicious and downright Machiavellian scheming that goes on in business every day An estimated 7 8bn is lost each year in the UK alone though unnecessary and counter productive office politicking But 21 Dirty Tricks at Work is also a book of hope It exposes the classic manoeuvres and gives practical advice on dealing with them to the vast majority who just want to do a good day s work 21 Dirty Tricks at Work provides you with all the information you need to spot negative tactics and self interested strategies It shows you how to spot the games frequently being played and how to come out with your credibility intact and your sanity preserved So if you are fed up of being on the receiving end of constant backbiting and skulduggery from workmates join hands with the authors and get Machiavelli on the run Cheats, Hacks, Hints, Tips, And Tricks Every Manager Should Know Trevor Clinger, 2024-04-23 Management Cheats Hacks Hints Tips And Tricks Every Manager Should Know is your ultimate guide to becoming an exceptional manager Whether you re a new manager looking for guidance or a seasoned leader seeking to enhance your skills this book offers a wealth of valuable insights and actionable strategies to elevate your management prowess Drawing on extensive research and the expertise of seasoned professionals this book covers a wide range of management topics From communication and teamwork to innovation and resilience each chapter is filled with practical tips and proven strategies that you can implement immediately Discover how to build strong relationships with your team foster a positive work culture and effectively communicate your vision Learn the art of delegation performance management and conflict resolution Uncover the secrets to driving innovation managing change and navigating challenges with confidence Through detailed explanations and expert level advice this book empowers you to tackle the complexities of management head on You ll gain a deeper understanding of emotional intelligence leadership styles and the importance of diversity and inclusion in today s diverse workforce Management Cheats Hacks Hints Tips And Tricks Every Manager Should Know goes beyond theory providing you with tangible tools and techniques to achieve remarkable results Whether you re leading a small team or managing a large

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