

EMOTIONAL INTELLIGENCE

EXPLORING THE MOST POWERFUL
INTELLIGENCE EVER DISCOVERED



BENJAMIN SMITH

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Deepa R

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Emotional Intelligence MTD Training, 2002 Emotional Intelligence Nilanjan Sengupta, 2009 *The Brain and Emotional Intelligence* Daniel Goleman, 2011 Daniel Goleman explains what we now know about the brain basis of emotional intelligence in clear and simple terms This book will deepen your understanding of emotional intelligence and enhance your ability for its application You will learn the most recent findings that explain The Big Question being asked particularly in academic circles Is there such an entity as emotional intelligence that differs from IQ the neural dynamics of creativity the brain states underlying optimal performance and how to enhance them the social brain rapport resonance and interpersonal chemistry brain 2 0 our brain on the web neural lessons for coaching and enhancing emotional intelligence abilities

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Emotional Intelligence at Work

Dalip Singh,2006-11-14 According to EQ proponents emotional intelligence is an important part of one s capacity for professional success This guide for business people introduces the concept of EQ and explains how emotional skills can be learned A self test for measuring EQ is found at the back of the volume

Summary of Emotional Intelligence Sharp Summaries,2022-02-14

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Bradley,2016-08-25 The Little Book of Emotional Intelligence is an immediate outcome focused primer on the important topic of EQ which provides practical no nonsense life advice and takes a sideways look at a world which is overwhelming at times Funny colourful and profound this book is a gripping manual for the human mind enabling you to understand and control your emotions communicate better and live a happier more balanced life

Understanding the Benefits of Emotional Intelligence in Leadership Namaskar Books,2024-11-27 Understanding the Benefits of Emotional Intelligence in Leadership

explains how emotional intelligence EQ contributes to effective leadership The book explores the five components of EQ self awareness self regulation motivation empathy and social skills and discusses how leaders can use these skills to manage teams resolve conflicts and create a positive work environment By developing emotional intelligence leaders can enhance their ability to connect with others inspire teams and drive success

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Practical Emotional Intelligence James W. Williams,2021-04-17 Each book is packed with simple yet very effective strategies delivered to you in a straight to the point approach so that you can start implementing in your life today

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