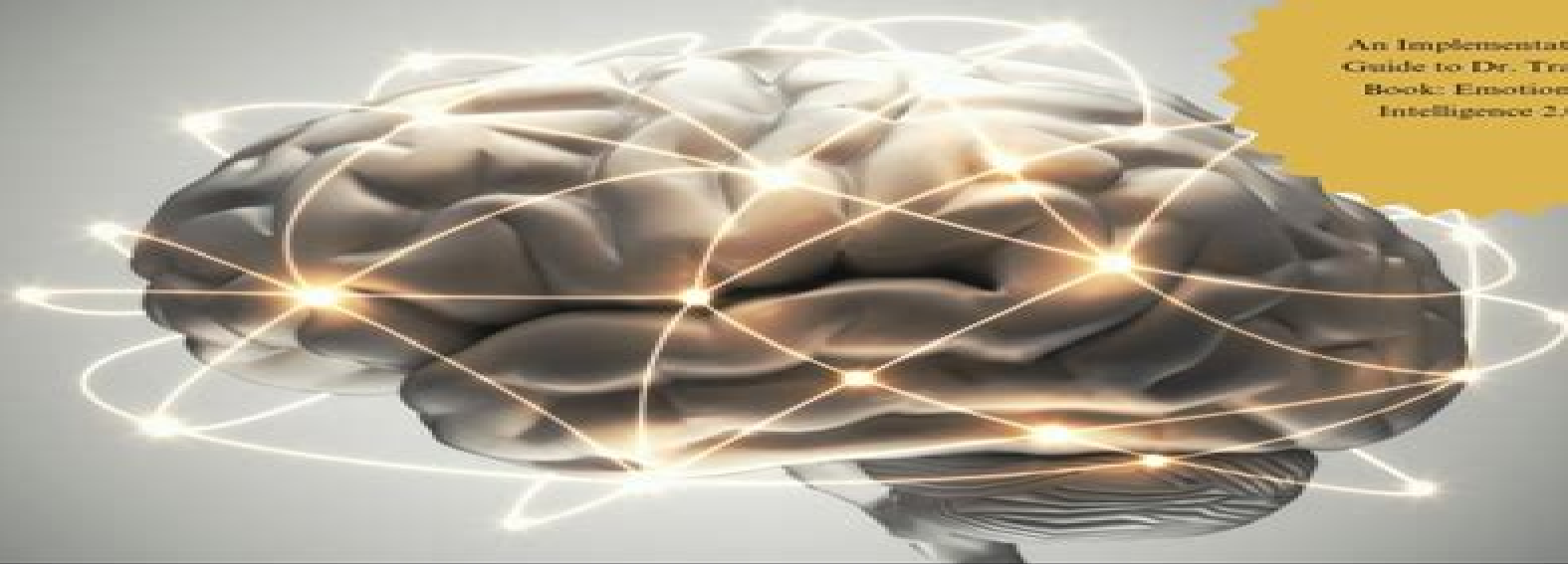


# WORKBOOK

# EMOTIONAL

# INTELLIGENCE 2.0



An Implementation  
Guide to Dr. Travis'  
Book: Emotional  
Intelligence 2.0

JENNIFER STEPHEN

# Emotional Intelligence Complete Workbook

**Jill Dann, Derek Dann**



## **Emotional Intelligence Complete Workbook:**

The Emotional Intelligence Workbook: Teach Yourself Jill Dann, Derek Dann, 2015-09-10 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

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Emotional Intelligence Workbook Ronél Le Roux, Rina De Klerk, 2001

The Student EQ Edge Korrel Kanoy, Steven J. Stein, Howard E. Book, 2013-01-28 THE STUDENT EQEDGE Facilitation and Activity Guide This Facilitation and Activity Guide is a companion to the book The Student EQ Edge Emotional Intelligence and Your Academic and Personal Success It

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**Emotionally Intelligent Leadership for Students** Marcy Levy Shankman, Scott J. Allen, Paige Haber-Curran, 2015-02-02 A how to guide to help for facilitators and instructors develop emotionally intelligent leadership capacities in their students The Emotionally Intelligent Leadership for Students Facilitation and Activity Guide delivers a comprehensive curriculum for those who want to help students foster the 19 emotionally intelligent leadership EIL capacities presented in the book Emotionally Intelligent Leadership A Guide for Students Research from around the world has demonstrated that there is a relationship between emotional intelligence and leadership For the all new second edition the authors have completely rewritten all the modules according to their revised data based EIL model These activities bring theory into practice targeting specific learning outcomes that will help students become better leaders This guide will allow you to lead students through the Emotionally Intelligent Leadership for Students Student Workbook and can be used with or without the Emotionally Intelligent Leadership for Students Inventory which helps students to assess their EIL capacities Contains 23 all new modules consisting of step by step instructions for facilitating leadership activities Reflects 19 emotionally intelligent leadership capacities derived from new research Provides hands on learning experiences and case studies that allow students to enhance their leadership abilities Includes clear instructions for modifying activities to fit any setting or time constraint The Emotionally

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**Emotional Intelligence** Jonathan Warner, Lesley Warner, 2001

**Emotional Intelligence Workbook** Joeel A. Rivera, Natalie Rivera, Joeel A. Rivera M Ed, 2020-11-10 This workbook provides a blueprint for developing emotional intelligence both INTRApersonal intelligence understanding of your own emotions and INTERpersonal intelligence understanding of others emotions You ll develop an understanding of the cause of your emotions so you can shift your emotional state and feel better no matter what is happening in your life You ll learn how to catch negative emotions early and avoid triggers in order to prevent escalation You ll learn strategies for reducing and releasing stress so you can better cope with life events You ll develop healthy empathy so that you can better understand others without being sucked into their emotions You ll learn how to listen and communicate effectively and tune into non verbal communication and body language Large 8 5 x 11 inch format for ease of use This workbook is intended to be used with the Mindfulness and Meditation coaching program offered through

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Emotional Intelligence Rina De Klerk, Ronél Le Roux, 2009-11-26      **Emotional Intelligence Skills Assessment (EISA) Participant Workbook** Steven J. Stein, Derek Mann, Peter Papadogiannis, Wendy Gordon, 2009-11-23 Your Personal Guide to Understanding and Increasing Your Emotional Intelligence This hands-on workbook is your companion to the dynamic Emotional Intelligence Skills Assessment EISA workshop in which you will be given the opportunity to measure your skills in five key areas Perceiving Managing Decision Making Achieving and Influencing These are the key areas that most influence personal performance Once you have completed the 50-item self and 360 assessments the EISA workbook will help you better understand how emotional and social skills impact your performance and how you can strengthen your

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**Emotional Intelligence Workbook: For Elementary and Middle Grade Children** Better Youth Programs,2019-03-02 Emotional Intelligence is a vital skill for children often overlooked Not only is it overlooked but there is seldom good workbooks available aimed directly at children This activity book is a treasure trove of wonderful exercises that get kids thinking about their own emotions create self esteem empower good behaviours and habits and develop consideration for others Don t neglect to teach your kids a solid emotional intelligence to help them become strong to weather the storm coming up in teenage years This section of the Youth Deployment Activity Guide is designed to give you additional age appropriate resources that are helpful in teaching your child about emotions The emotional and social skills that are presented were written in order to help you grow your child The sections include Intrapersonal Skills Interpersonal Skills Adaptability Stress Management and General Mood Each section is further divided into sub skills that address such things as Problem Solving Happiness Flexibility and other critical emotional and social competencies We encourage you to use these activities throughout the deployment process and beyond Sample Exercises from Emotional Intelligence Activities for Kids My Special Gifts and Talents Everyone has something they do well It may be in a sport or playing a musical instrument or even a particular subject like math A person can even be good at making friends Whatever a person does well can be a gift or talent See if you can recognize your own gifts and talents Piecing a Quilt Many emotions make up the person you are It is important to be able to identify those emotions and know how to deal with them Your emotions are like a patchwork quilt Each of your emotions is pieced together to make up the whole you Inside the patches on the quilt below draw a face showing different emotions you have felt Make No Bones About It Do your friends sometimes do or say things that make you feel uncomfortable Maybe they say unkind things to other classmates Or maybe they take the seat you were saving for someone and won t move when you ask them Do you feel like you should speak up about it but are afraid Here are some steps to take to help you speak up A Skeleton of My Former Self Independence is when you are able to take care of yourself You are able to plan and make important decisions for yourself and you can make those decisions without falling apart or depending on others to bail you out emotionally You are courteous honest and respectful of yourself and others You are willing to take responsibility for your feelings thoughts and actions You rely on others for help when necessary but do not cling to other people

**The Emotional Intelligence Workbook** Brenden Whelehan,2021 How would you like the ability to have complete control of your life To intentionally set yourself up for happiness and success while deliberately removing stressors from your life To understand your emotions and master your responses To correctly feel the mood of any room then instantly react To build

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