

The Emotional Intelligence Quick Book

In this age of social media attacks, broken commitments, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories. EQ, Applied teaches you how to channel your strongest feelings in a way that helps, not harms you--or others--enabling you to break down barriers and improve the quality of your relationships. You'll learn how thoughts and habits affect emotions, and how to replace bad habits with healthier ones. You'll see why even negative feedback is a gift, and when being empathetic can actually get you into trouble. Finally, you'll learn how people can use your emotions to manipulate you, and how you can guard yourself against such attempts, leading to greater mental and emotional strength. EQ, Applied gives you a set of practical tools and exercises that inspire you to be more helpful, move past resentment, and develop your more authentic self. By increasing your knowledge about emotions, you'll better understand yourself and make wiser decisions. It's time to put your emotions to work.

How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. This specially priced 14-volume set includes every book in the series: Mindfulness Resilience Influence and Persuasion Authentic Leadership Dealing with Difficult People Focus Self-Awareness Happiness Empathy Leadership Presence Purpose, Meaning, and Passion Confidence Mindful Listening Power and Impact

Emotional intelligence is one of the most important factors of advancement. Having a high EQ has the power to move you, your team, and the whole entire company forward. This is especially true when it comes to things like diversity, inclusion, conflict resolution and company morale. When individuals receive proper emotional intelligence training they're able to excel in high stress environments, resolve personal and professional issues from a healthier more productive place, and work more effectively on teams. This handbook helps individuals understand, apply, and enhance their emotional intelligence by providing introspective questions, challenging their current thinking. It explores real life scenarios and experiences that people deal with on a daily basis.

Become a Better Leader by Improving Your Emotional Intelligence Bestselling author DANIEL GOLEMAN first brought the concept of emotional intelligence (EI) to the forefront of business through his articles in Harvard Business Review, establishing EI as an indispensable trait for leaders. The Emotionally Intelligent Leader brings together three of Goleman's bestselling HBR articles. In "What Makes a Leader?" Goleman explores research that found that truly effective leaders are distinguished by high levels of self-awareness and sharp social skills. In "'The Focused Leader,'" Goleman explains neuroscience research that proves that "being focused" is more than filtering out distractions while concentrating on one thing. In "Leadership That Gets Results," Goleman draws on research to outline six distinct leadership styles, each one springing from different components of emotional intelligence. Together, these three articles guide leaders to recognize the direct ties between EI and measurable business results.

Leadership 2.0

Harvard Business Review Emotional Intelligence Collection (4 Books) (HBR Emotional Intelligence Series)

The Emotionally Intelligent Office

An Introduction to Emotional Intelligence

The Four Essential Skills of High Performing Teams

HBR Emotional Intelligence Ultimate Boxed Set (14 Books) (HBR Emotional Intelligence Series)

Become Emotionally Smarter with a Practical Approach! Emotional intelligence has been a buzzword in the personal growth industry and in high-level corporate recruitment strategies since 1995, when Daniel Goleman used the term for his book title and topic. As we would say today, his use of it "went viral" immediately, in the world of business and mental health in particular. Often abbreviated as "EQ", emotional intelligence is the personal ability you have to recognize and label your own emotions and feelings, and to use this information to steer your thinking and behavior in the desired direction. Whether you are looking to climb the career ladder with ease, thrive during social events or simply feel more at peace with yourself, a well-developed EQ is absolutely critical. During the course of this book, we will take a look at the current knowledge surrounding the subject, as well as how you can vastly improve your own emotional intelligence with a series of simple, practical exercises. You will learn about:
- How to observe and analyze your emotions at any given moment.
- How to connect more easily with people and build strong and lasting relationships.
- How your body reacts to your various emotional states.
- How to release unwanted and potentially destructive emotions.
- "Thought traps" and how to deal with them.
- Mindfulness and its role in developing EQ.
- How to improve your EQ in everyday environments.
- How having a higher emotional intelligence will benefit your life. And more!

At some point in their careers, all managers face a frustrating and seemingly insurmountable challenge -- the highly intelligent, highly skilled direct report who is failing when he should be excelling. Often, this employee is destroying not only his own career, but also the morale of the rest of the team. While this behavior may initially seem willful, it is more than likely due to a lack of emotional intelligence -- the ability to comprehend one's emotions, empathize with the feelings of others, and interact with people in ways that promote congenial working relationships. More than any other trait, emotional intelligence is the one variable that can transform a mediocre employee into an exceptional one. Managers now have a new and demanding role. They must become coaches who help their employees to develop emotional intelligence and the positive interpersonal relationships that result. And while this kind of corrective coaching may seem daunting and unpleasant to many managers, it is also achievable with the right tools. In Coaching for Emotional Intelligence, Bob Wall offers coaching strategies that will enable every manager to elicit excellence by improving the negative behaviors and communications flaws that are undermining an employee's performance. The book provides a structured format for formulating and delivering both praise and corrective feedback, as well as a step-by-step method and sample scripts for conducting a coaching session. Readers will: Overcome the fear of coaching on sensitive, personal issues. Learn the critical importance of praise--and how to give it. Understand the influences that shaped the behaviors of the individual being coached. Determine whether an employee is responding to corrective coaching, when to keep him -- and when to fire him. Create an action plan for teaching employees to identify and alter unwanted behavior. Master spontaneous coaching: delivering praise in 15-20 seconds -- and corrective feedback within 45 seconds. Formulate structured conversations when corrective coaching isn't working. Create successful, detailed, and clear personal, team, and work evaluations and mission statements. The first book of its kind, Coaching for Emotional Intelligence is a thoughtful, realistic, and accessible guide that will change the way managers lead in the workplace -- and will ensure that their employees are reaching their full potential.

Experts now acknowledge that emotional intelligence (EI) is perhaps the most crucial determinant of success in the workplace. And unlike IQ or other traditional measures of intelligence, EI can be developed and dramatically increased. This unprecedented book demonstrates how to master the core competencies of EI, abilities that include self-motivation, high self-awareness, mood management, and emotional mentoring. In addition, it includes scores of real-world examples and dozens of practical exercises that accelerate the process, along with step-by-step approaches to mastering a variety of EI techniques.
· Increasing Your Emotional Intelligence
· Developing High Self-Awareness
· Managing Your Emotions
· Motivating Yourself
· Using Your Emotional Intelligence in your Relations with Others
· Developing Effective Communication Skills
· Developing Interpersonal Expertise
· Helping Others Help Themselves

An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of "smart" helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to:
-Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management
-Increase your EQ through the use of these skill-building techniques
-Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee
-Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent
-Access the link between your EQ and your physical well-being to improve your overall health
-Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

Leading Digital

Self-Awareness (HBR Emotional Intelligence Series)

EQ, Applied

Emotional Intelligence Mastery

Ecoliterate

A Novel

The benefits of mindfulness include better performance, heightened creativity, deeper self-awareness, and increased charisma—not to mention greater peace of mind. This book gives you practical steps for building a sense of presence into your daily work routine. It also explains the science behind mindfulness and why it works and gives clear-eyed warnings about the pitfalls of the fad. This volume includes the work of: Daniel Goleman Ellen Langer Susan David Christina Congleton This collection of articles includes “Mindfulness in the Age of Complexity,” an interview with Ellen Langer by Alison Beard; “Mindfulness Can Literally Change Your Brain,” by Christina Congleton, Britta K. Hölzel, and Sara W. Lazar; “How to Practice Mindfulness Throughout Your Work Day,” by Rasmus Hougaard and Jacqueline Carter; “Resilience for the Rest of Us,“ by Daniel Goleman; “Emotional Agility: How Effective Leaders Manage Their Thoughts and Feelings,” by Susan David and Christina Congleton; “Don’t Let Power Corrupt You,” by Dacher Keltner; “Mindfulness for People Who Are Too Busy to Meditate,“ by Maria Gonzalez; “Is Something Lost When We Use Mindfulness as a Productivity Tool?” by Charlotte Lieberman; and “There Are Risks to Mindfulness at Work,“ by David Brendel. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

We’ve all heard of ""IQ"" ...but what's ""EQ?"" It's ""Emotional Quotient"" (aka Emotional Intelligence), and experts say that EQ is a greater predictor of success at work than IQ. Companies are increasingly looking for ways to motivate and develop their employees' emotional intelligence. This book presents trainers and coaches with 50 innovative exercises to be used for either individuals or groups.The activities found in the book are grouped according to the various core competencies associated with Emotional Intelligence:* Self-Awareness and Control: an awareness of one's values, emotions, skills, and drives, and the ability to control one's emotional responses* Empathy: an understanding of how others perceive situations* Social Expertness: the ability to build relationships based on an assumption of human equality* Mastery of Vision: the development and communication of a personal philosophyThe book also includes suggested training combinations and coaching tips.

Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children

Emotional IntelligenceThe Emotional Intelligence Book: Emotional Intelligence at Work and Emotional Intelligence LeadershipThis Emotional Intelligence Book will answer the question: what is emotional intelligence (also referred to as EI.) As the book works to define emotional intelligence through the four main branches, it dives deeper into explaining each branch in hopes of bringing about a higher self-awareness in the reader. Most people walk around with low emotional intelligence out of ignorance. They do not know because they have never been taught. Some crowds believe that the emotionally intelligent are as smart as those with high IQ's. People in positions of leadership show a higher aptitude of EI for being able to help others, to calm the crowd and to work well under pressure without cracking.Each of the four branches of the emotional intelligence theory is explained in full detail. The first branch is emotional perception. The second branch is emotional reasoning. The third branch is emotional understanding and the fourth branch is emotional management. Each branch has an explanation on how to do it, how to perceive, how to reason, how to understand, and how to manage the emotions. In leaning this, we can then learn how to improve emotional intelligence.Emotional intelligence training helps to make leaders out of people and helps people to learn more about themselves and they will learn how to handle their emotions. A person with a high level of emotional intelligence has learned how to control their reaction to their emotions and they can also help others with their responses to emotions. The emotional intelligence definition shows that we are whole people who have emotions and will go through "emotional" times but that we can control our reaction and responses to these emotions instead of allowing the emotions to show as raw and out of control. A person can learn how to react to negative emotions and learn how to release them so they will not harm their health.

The Emotional Intelligence Activity Book

The Secret to Developing the Star Potential in Your Employees

Boost Your Life by Improving Your EQ, Social Skills and Control of Negative Emotions!

Team Emotional Intelligence 2. 0

The Emotional Intelligence Quickbook

Knowledge Solutions

How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes “How Resilience Works,“ by Diane Coutu; “Resilience for the Rest of Us,“ by Daniel Goleman; “How to Evaluate, Manage, and Strengthen Your Resilience,“ by David Kopans; “Find the Coaching in Criticism,“ by Sheila Heen and Douglas Stone; “Firing Back: How Great Leaders Rebound After Career Disasters,“ by Jeffrey A. Sonnenfeld and Andrew J. Ward; and “Resilience Is About How You Recharge, Not How You Endure,“ by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s new novel, To Paradise, coming in January 2022.

Bridges the gap between the scholarly literature and “pop-psych” books on EI Emotional Intelligence (EI) has become a topic of vast and growing interest worldwide and is concerned with the ways in which we perceive, identify, understand, and manage emotions. It is an aspect of individual difference that can impact a number of important outcomes throughout a person’s lifespan. Yet, until now there were no authoritative books that bridge the gap between scholarly articles on the subject, often published in obscure professional journals, and the kind of books found in the “pop-psych” sections of most large bookstores. This book fills that gap, addressing the key issues from birth through to old age, including the impact of EI on child development, social relationships, the workplace, and health. It is a useful introduction to the academic study of EI, including its history as a concept. Featuring contributions by an international team of EI researchers, this thought provoking and informative book offers students, educators, mental health professionals, and general readers a comprehensive, critical, and accessible introduction to state-of-the-art EI theory and research. From the historical origins of EI to its contemporary applications across an array of domains, An Introduction to Emotional Intelligence explores what the research evidence tells us about it, why it is important, and how it is measured. Throughout each chapter any potentially tricky words or concepts are highlighted and explained. And, most chapters feature activities to spur further reflection on the subject matter covered as well as ideas on how to apply aspects of EI to various questions or problems arising in the readers’ lives. Features contributions from expert authors from around the world with experience of researching and teaching EI theory and practice Makes EI concepts, foundations, research, and theory accessible to a wider audience of readers than ever before Explores EI’s roots in psychological thinking dating back to early 20th century and considers the reasons for its widespread popularity in contemporary times Reviews the latest research into the constructs of ability EI and trait EI and their validity in relation to health, wellbeing, social relationships, academic, and work performance An Introduction to Emotional Intelligence is fascinating and informative reading and a source of practical insight for students of psychology, management and leadership, social work and healthcare, and those working in education, health settings and in psychological counseling professions.

Are you an intelligent person but something does not allow you to have a successful life? Having a high IQ is great but what about your Emotional Quotient (EQ) ? In this book, we will examine why emotional intelligence is needed to live a full, healthy life. We will establish what emotional intelligence is, and what it is comprised of. We will cover how emotional intelligence affects your life, and how people around you are impacted by the level of emotional intelligence you have. Dive into this story as we talk about how the term was created, and everything that occurred after. We go over how to use emotional intelligence in relationships and apply it successfully. You will also take a look at how to recognize emotions in others and learn about controlling emotions on an everyday basis. Some of the things you will discover in this amazing book: How Emotional Intelligence Affect Your Life Impact of Emotional Intelligence in Daily Life Why Developing Emotional Intelligence Skills is fundamental How to Develop, Improve, and Boost Your EQ Practical Ways To Use Emotional Intelligence How to improve your Social Skills How to Control Negative Emotions ...and much more With this book, you will have the complete guide to improving your emotional intelligence. This book will describe common situations that we have all been in, and establish a precedent for what to do on a daily basis. Don't wait any longer! Scroll up and click the buy now button!

A Little Life

Emotional Intelligence 2.0

Tools, Methods, and Approaches to Drive Organizational Performance

Unleashing the Power of Emotional Intelligence

The Emotionally Intelligent Leader

Straightforward guide to taking control of your emotions. Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively examples, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and help your child become a confident, defiant

An exploration of what lies behind our problematic behavioural patterns in the workplace and how we can overcome them.

Sharing discoveries from a groundbreaking study that separated the leadership skills that get results from those that are inconsequential or harmful, Leadership 2.0 introduces a new paradigm of leadership. A passcode provides online access to the self-assessment edition of the bestselling 360° Refined™ leadership test. 360° Refined™ will show you where your leadership skills are strong and where they need improvement. You'll begin maximizing them immediately. Your test results will: - Reveal your scores for all 22 core and adaptive leadership skills. - Reveal the specific behaviors responsible for your scores. - Pinpoint which of the book's 100+ leadership strategies will increase your leadership skills the most. In today's fast-paced world of competitive workplaces and turbulent economic conditions, you need a leadership strategy that can help you adapt and strike out ahead of the pack. Leadership 2.0 delivers a step-by-step program for increasing 22 core and adaptive leadership skills. Core leadership skills (those that get people into leadership positions) will sharpen your saw, and adaptive leadership skills (those that set great leaders apart) will make you into the leader you've always wanted to be. In his defining work on emotional intelligence, bestselling author Daniel Goleman found that it is twice as important as other competencies in determining outstanding leadership. If you read nothing else on emotional intelligence, read these 10 articles by experts in the field. We've combed through hundreds of articles in the Harvard Business Review archive and selected the 10 most important ones for you. These articles will help you understand your own emotional intelligence—and your professional success. This book will inspire you to: Monitor and channel your moods and emotions Make smart, empathetic people decisions Manage conflict and regulate emotions within your team React to tough situations with resilience Better understand your strengths, weaknesses, needs, values, and goals Develop emotional agility and resilience Make a Leader" by Daniel Goleman, "Primal Leadership: The Hidden Driver of Great Performance" by Daniel Goleman, Richard Boyatzis, and Annie McKee, "Why It's So Hard to Be Fair" by Joel Brockner, "Why Good Leaders Make Bad Decisions" by Andrew Campbell, Jo Whitehead, and Sydney Finkelstein, "Building the Emotional Intelligence of Groups" by Vanessa Urch Druskat, "The Price of Incivility: Lack of Respect Hurts Morale—and the Bottom Line" by Christine Porath and Christine Pearson, "How Resilience Works" by Diane Coutu, "Emotional Agility: How Effective Leaders Manage Their Negative Thoughts and Feelings" by Susan David and Christina Congleton, "Fear of Feedback" by Jay M. Jackman and Myra H. Strober, and "The Young and the Restless: How to Lead in a Bunker, Kathy E. Kram, and Sharon Ting.

Emotional Intelligence At Work

The Essential Guide to Improving Your Social Skills, Relationships and Boosting Your EQ

Build Strong Social Skills and Improve Your Relationships by Raising Your EQ With Proven Methods and Strategies

The Personality Code

A Practical Guide to Improving Your EQ

EQ and You

A new integration of Goleman's emotional, social, and ecological intelligence Hopeful, eloquent, and bold, Ecoliterate offers inspiring stories, practical guidance, and an exciting new model of education that builds - in vitally important ways - on the success of social and emotional learning by addressing today's most important ecological issues. This book shares stories of pioneering educators, students, and activists engaged in issues related to food, water, oil, and coal in communities from the mountains of Appalachia to a small village in the Arctic; the deserts of New Mexico to the coast of New Orleans; and the streets of Oakland, California to the hills of South Carolina. Ecoliterate marks a rich collaboration between Daniel Goleman and the Center for Ecoliteracy, an organization best known for its pioneering work with school gardens, school lunches, and integrating ecological principles and sustainability into school curricula. For nearly twenty years the Center has worked with schools and organizations in more than 400 communities across the United States and numerous other countries. Ecoliterate also presents five core practices of emotionally and socially engaged ecoliteracy and a professional development guide.

As organizations shift to depend more on team-based structures, the pressure to develop high-performing teams is more critical than ever. In the modern work environment, teams are expected to embrace change, navigate complexity, and collaborate well under pressure—all while delivering exceptional results and forming productive relationships. While it is crucial to have talented, bright people within a team, there is a dynamic that is even more essential to overall team effectiveness. This dynamic is "Team Emotional Intelligence" (Team EQ). While most people are familiar with emotional intelligence (EQ) when it comes to individuals, the power of how EQ relates to the entire team has not been well-understood until now. Insights from the latest research on team emotional intelligence and TalentSmartEQ's research trends from working with over 200 teams (with 2000+ team members) combine to bring EQ know-how to the team level. Team Emotional Intelligence 2.0 delivers practical strategies and showcases how an emotionally intelligent team is far more than the sum of its parts. This book focuses on the four key skill areas of Team EQ: Team Emotion Awareness, Team Emotion Management, Internal Team Relationships, and External Team Relationships, and it delivers 55 strategies and a step-by-step process for increasing team EQ skills so team leaders and anyone who's a member of a team can achieve peak performance and reach their goals. Dr. David Greaves, Evan Watkins, and their contributing team of experts begin with a life and death story of team failure that illustrates how emotions can drive team decisions and lead to disaster. They share a proven approach to helping teams understand Team EQ skills, build these skills into strengths, and use them to sustain positive momentum and achieve peak performance. Strategies for remote and hybrid teams working virtually offer targeted approaches to bonding, communicating, tough conversations, and decision making as modern workplaces transform. Like she did with the best-selling Emotional Intelligence 2.0 (at 2 million copies sold and counting), Dr. Greaves and her team take complex concepts and translate them into easy-to-understand skills that can be used immediately and developed further over time. As organizations increasingly rely on getting work done through teams, the understanding and development of team EQ skills is more relevant and impactful than ever.

Become a Digital Master—No Matter What Business You're In If you think the phrase "going digital" is only relevant for industries like tech, media, and entertainment—think again. In fact, mobile, analytics, social media, sensors, and cloud computing have already fundamentally changed the entire business landscape as we know it—including your industry. The problem is that most accounts of digital in business focus on Silicon Valley stars and tech start-ups. But what about the other 90-plus percent of the economy? In Leading Digital, authors George Westerman, Didier Bonnet, and Andrew McAfee highlight how large companies in traditional industries—from finance to manufacturing to pharmaceuticals—are using digital to gain strategic advantage. They illuminate the principles and practices that lead to successful digital transformation. Based on a study of more than four hundred global firms, including Asian Paints, Burberry, Caesars Entertainment, Celco, Lloyds Banking Group, Nike, and Pernod Ricard, the book shows what it takes to become a Digital Master. It explains successful digital transformation in a clear, two-part framework: where to invest in digital capabilities, and how to lead the transformation. Within these parts, you'll learn: • How to engage better with your customers • How to digitally enhance operations • How to create a digital vision • How to govern your digital activities The book also includes an extensive step-by-step transformation playbook for leaders to follow. Leading Digital is the must-have guide to help your organization survive and thrive in the new, digitally powered, global economy.

Would you like to have greater success in your professional life? Would you like to increase your chances of rising to a leadership position at work? Would you like to enjoy more rewarding and fulfilling interpersonal relationships? Do you want to navigate more confidently through social settings? Do you want to be able to manage your and other people's emotions more effectively? According to research, Emotional Intelligence (EQ) or quotient is far more important than ones intelligence quotient or technical abilities when it comes to determining a person's overall success in life. Emotional intelligence directly impacts the way we formulate personal decisions, the way we manage behavior and our ability to maneuver through social complexities. The great thing is, emotional intelligence is something that everybody is able to develop with time. This guide will provide you with all the essential knowledge needed to improve your EQ. Here are some topics that will be covered in this book: The art of releasing destructive emotions and replacing them with positive ones Restructuring and reframing negative thoughts using NLP techniques Proven strategies for managing internal emotional conflicts Tried and tested tips for dealing with the past and forgiving people Effective strategies for making your internal dialogue more positive Using perceptual positions for increasing emotional intelligence And much more So, what are you waiting for? Grab your copy today and dive into the world of human psychology and behavior!

Everything You Need to Know to Put Your EQ to Work

Emotional Intelligence and Your Success

Exploring the Most Powerful Intelligence Ever Discovered

Coaching for Emotional Intelligence

Quick Emotional Intelligence Activities for Busy Managers

Why It Can Matter More Than IQ

"The Emotional Intelligence Quickbook is everything you need to know about EQ. In a fast and fun read, you get a complete introduction to the world of EQ including: What is emotional intelligence? Where does it come from? How do you measure it? How do you increase it? How do you teach it to others? What is your EQ?"--Dust jacket.

Do you have what it takes to succeed in your career? The secret of success is not what they taught you in school. What matters most is not IQ, not a business school degree, not even technical know-how or years of expertise. The single most important factor in job performance and advancement is emotional intelligence. Emotional intelligence is actually a set of skills that anyone can acquire, and in this practical guide, Daniel Goleman identifies them, explains their importance, and shows how they can be fostered. For leaders, emotional intelligence is almost 90 percent of what sets stars apart from the mediocre. As Goleman documents, it's the essential ingredient for reaching and staying at the top in any field, even in high-tech careers. And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today—and the future.

How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

The Real-World Guide to Emotional Intelligence

Emotional Intelligence

Primal Leadership

The Emotional Intelligence Book: Emotional Intelligence at Work and Emotional Intelligence Leadership

Resilience (HBR Emotional Intelligence Series)

The Emotional Intelligence Quick Book

A revolutionary approach to success and fulfillment—already being used by hundreds of thousands of individuals and organizations—now available for the first time in an accessible, practical book. The Personality Code clearly and persuasively demonstrates how personality determines why we do what we do and how we can maximize our strengths, work smarter with others, and profit from better relationships in our careers. Based on the IDISC(tm) Personality Profile—an updated and rigorously validated proprietary version of DISC, the world's most popular form of personality testing—the book provides insights and strategies for individuals and organizations that promote self-awareness and foster excellence. Readers will have free access to the online IDISC(tm) Personality Profile (each book will include a unique code number), which will reveal their own profiles from among the fourteen personality types that have been refined and defined through the author's six-year international study involving more than five hundred thousand participants. Travis Bradberry shows readers how to discern the fixed characteristics that explain three-quarters of human behavior. Most important, they will learn how to leverage these traits in order to capitalize on their strengths and sidestep weaknesses in themselves as well as in other people.

REVISED AND UPDATED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked "A", you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller The EQ Edge. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. The EQ Edge offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. The EQ Edge will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles—parent, spouse, caregiver to aging parents, neighbor, friend—the EQ Edge also describes how everyone can be more successful in these relationships. "Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success."—Michael Feiner, Professor, Columbia Graduate School of Business and author of The Feiner Points of Leadership

How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. This specially priced four-volume set includes Happiness, Resilience, Mindfulness, and Empathy.

This book is open access under a CC BY-NC 3.0 IGO license. This book comprehensively covers topics in knowledge management and competence in strategy development, management techniques, collaboration mechanisms, knowledge sharing and learning, as well as knowledge capture and storage. Presented in accessible "chunks," it includes more than 120 topics that are essential to high-performance organizations. The extensive use of quotes by respected experts juxtaposed with relevant research to counterpoint or lend weight to key concepts; "cheat sheets" that simplify access and reference to individual articles; as well as the grouping of many of these topics under recurrent themes make this book unique. In addition, it provides scalable tried-and-tested tools, method and approaches for improved organizational effectiveness. The research included is particularly useful to knowledge workers engaged in executive leadership; research, analysis and advice; and corporate management and administration. It is a valuable resource for those working in the public, private and third sectors, both in industrialized and developing countries.

What Makes a Leader? (Harvard Business Review Classics)

Working With Emotional Intelligence

Everything You Need to Know

HBR Emotional Intelligence Boxed Set (6 Books) (HBR Emotional Intelligence Series)

Emotional Intelligence For Dummies

50 Team Exercises That Get Results in Just 15 Minutes

Did you know that there is a type of intelligence known as emotional intelligence? Just like an IQ for intelligence quotient, everyone has an EQ as well. This is your emotional intelligence score. Unlike an IQ, emotional intelligence can be learned and can change throughout your life. Understanding your EQ opens up many possibilities for you to improve your own self-awareness and also manage the relationships in your life. Have you ever encountered a situation where you didn't understand your own emotions? Have you ever found yourself misunderstanding your partner or spouse's emotions? Maybe you've had difficulty in controlling your emotions or expressing them in a healthy, non-destructive way. Perhaps you've been on the blunt end of an emotional outburst from a loved one that has nothing to do with you, yet you still end up the target. These scenarios are indicative of a lack of understanding and knowledge about your own emotional intelligence or the emotional intelligence of the people closest to you. While it is a common theme to brush off such situations as a bad day, or "that time of the month," or even by saying, "they just get like that sometimes" there are healthy ways to express emotions. That productive expression comes with self-awareness and understanding through emotional intelligence. So, if you have ever found yourself in a similar situation to the ones listed above, then you have made the right choice in looking for a solution. Fortunately, Emotional Intelligence is your first stop in expanding on what you might already know about emotional intelligence and opening doors to what you don't know. By reading this book, you will learn about: Emotions How to improve emotional intelligence Improving self-awareness Strategies for self-management Mindfulness Social awareness Relationship management Empower yourself with the skills and tools that help you understand your behaviors, thoughts, and actions, as well as those closest to you. It is not

uncommon for personal, familiar, and professional relationships to suffer if one or the other doesn't have a firm grasp on emotional intelligence. As strange as it is to think, the concept of emotional intelligence and the important influences that it exerts over an individual are still fairly new. Depending on where you live or grew up, society may have told you that emotions like anger are bad, or sadness is weak, or that passion is useless, and you shouldn't base your career off of it. These are ideals that have greatly crippled the emotional intelligence of an entire society. If you are realizing this for the first time, then you are in the right place to educate yourself and move beyond such societal restrictions. Not only do you stand to improve your own relationships, but when emotions are acknowledged, processed, and expressed properly, you'll find yourself less stressed and living the best life you can. Time to find the solution by choosing Emotional Intelligence Build Strong Social Skills and Improve Your Relationships by Raising Your EQ With Proven Methods and Strategies.

Most people will tell you that they want to improve themselves and grow emotionally. This process of introspection and self-reflection is never easy. It requires the ability to understand and handle your emotions in a healthy manner, and this always takes time and patience. That is why this book, "Emotional Intelligence: Exploring the Most Powerful Intelligence Ever Discovered," has been written just for you. This book is meant to help make the process of emotional development clearer and smoother. Our lives are filled with constant and continual situations where communication with others is necessary. Your ability to communicate effectively and successfully with others is what sets you apart from animals. However, how many of us actually take the time to think about just how important the way we communicate is? In what ways can we become better able to communicate? This would be a good time to introduce you to the concept of emotional intelligence. Emotional intelligence, or EI, is defined as the ability to recognize, control, and express your emotions in a way that enables you to handle interpersonal relationships empathetically and judiciously. Emotional intelligence is what enables you to recognize how others are feeling in a given situation, differentiate the myriad of emotions, and act accordingly. It is only through emotional intelligence that we are able to adjust our emotions as we go through life, thus reaching whatever goals we have set. Nobody can claim that they do not have emotional intelligence. The only difference is that people exhibit varying levels of EI - some are simply more emotionally intelligent than others. However, it is not something that is fixed from birth to death. There are steps and actions you can take to become more intelligent emotionally. In fact, if there is one feature of personal development that most people need to work on, it is their emotional intelligence. Research has proven that those individuals who have a higher emotional quotient, or EQ, tend to make better leaders, enjoy a better quality of personal and professional relationships, and are more mentally healthy. All you need to do to increase your emotional quotient is take the time to put into practice the tips and strategies outlined in this book. In here, you will learn how to know yourself better so that you can understand others better. You will learn how your emotional brain works, and how emotional intelligence can be improved. There are some great tools and tips described in this book, so make sure that you are ready to learn and practice them. Get ready to also learn about some of the new discoveries in the field of emotional intelligence.

When asked to define the ideal leader, many would emphasize traits such as intelligence, toughness, determination, and vision—the qualities traditionally associated with leadership. Often left off the list are softer, more personal qualities—but they are also essential. Although a certain degree of analytical and technical skill is a minimum requirement for success, studies indicate that emotional intelligence may be the key attribute that distinguishes outstanding performers from those who are merely adequate. Psychologist and author Daniel Goleman first brought the term "emotional intelligence" to a wide audience with his 1995 book of the same name, and Goleman first applied the concept to business with a 1998 classic Harvard Business Review article. In his research at nearly 200 large, global companies, Goleman found that truly effective leaders are distinguished by a high degree of emotional intelligence. Without it, a person can have first-class training, an incisive mind, and an endless supply of good ideas, but he or she still won't be a great leader. The chief components of emotional intelligence—self-awareness, self-regulation, motivation, empathy, and social skill—can sound unbusinesslike, but Goleman found direct ties between emotional intelligence and measurable business results. The Harvard Business Review Classics series offers you the opportunity to make seminal Harvard Business Review articles a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world—and will have a direct impact on you today and for years to come.

*"In a team situation, many issues -- like lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact the rest of the team -- can stop even the most promising groups from delivering great results. This simple, easy-to-use book gives managers, supervisors, and team leaders activities to help their teams overcome emotional obstacles and become more effective. Readers will find powerful, proven exercises they can use to help employees: * identify individual and team mood * deal with anger and emotional triggers * avert, rather than avoid, conflict * encourage communication * overcome fear and other obstacles * understand and manage competition * honor differences * assess team strengths and weaknesses * pick up on cues from teammates * control the emotional climate of the team Each activity is followed by a discussion of its purpose, how to use it, and a list of post-activity questions to help solidify each lesson. This practical, effective collection of proven exercises will elicit the best from any team."*

Mindfulness (HBR Emotional Intelligence Series)

50 Activities for Promoting EQ at Work

HBR's 10 Must Reads on Emotional Intelligence (with featured article "What Makes a Leader?" by Daniel Goleman)(HBR's 10 Must Reads)

Turning Technology into Business Transformation

A Quick and Easy Handbook to Help You Understand, Apply, and Enhance Your Emotional Intelligence

The EQ Edge

Presents a step-by-step guide for increasing emotional intelligence through four core principles: self-awareness, self-management, social awareness, and relationship management.

The Emotional Intelligence Quick BookEverything You Need to Know to Put Your EQ to WorkSimon and Schuster

Annotation.

How Educators Are Cultivating Emotional, Social, and Ecological Intelligence