

Online Library Quick
Emotional Intelligence
Activities For Busy
**Quick Emotional
Intelligence
Activities For Busy
Managers 50 Team
Exercises That Get Results
In Just 15 Minutes**
Managers 50 Team
Exercises That Get

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**Results In Just 15
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Exercises That Get Results

~~Developing Emotional~~
~~Intelligence~~ Games to Build
Emotional Intelligence 6
Steps to Improve Your

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**Emotional Intelligence |
Ramona Hacker | TEDxTUM**

Emotional intelligence - 10
Ways to build Emotional
Intelligence by Daniel
Goleman *8 Games to Help Build
Children's Emotional
Intelligence* Teaching

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Emotional Intelligence

Skills to Children how to

master your emotions |

emotional intelligence

Emotional Intelligence by

Daniel Goleman ▶ Animated

Book Summary ~~Daniel Goleman~~

~~Introduces Emotional~~

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~~Intelligence | Big Think
Self Awareness Activities~~

~~Top 5: Emotional~~

~~Intelligence #3 Emotional~~

~~Intelligence 2 0 - FULL~~

~~AUDIOBOOK *What is Emotional*~~

~~*Intelligence?* 4 Things~~

~~Emotionally Intelligent~~

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~~Activities For~~ People Don't Do Social
Skills Activity: Emotions
Bingo! 5 Incredibly Fun
GAMES to Teach Self-
Regulation (Self-Control) |
Early Childhood Development
Feelings \u0026 Emotions
Activities for Kids **The**

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**Power of Emotional
Intelligence | Travis
Bradberry | TEDxUCIrvine**

*Strategies to become more
emotional intelligent |*

Daniel Goleman | WOBI The 3

~~Stages of Emotional Child~~

~~Development 7 Signs of~~

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Emotional Intelligence:

Which of these do you

possess? Why you feel what

you feel | Alan Watkins |

TEDxOxford 15 Minutes

**Leading with
Emotional Intelligence in
the Workplace**

Emotional Intelligence From

Online Library Quick Emotional Intelligence

a Teenage Perspective |
Maximilian Park |

TEDxYouth@PVPHSBEST SUMMARY
OF EMOTIONAL INTELLIGENCE

2.0 - By Travis Bradberry
& Jean Greaves

Emotional Intelligence by
Daniel Goleman ENQUIRY® A

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~~practical way on how to feel
and build peace in diverse
conflict scenarios in the
world~~ Emotional Intelligence
Activity 15 Minutes

Emotional Intelligence by
Daniel Goleman | Animated
Book Summary How To Build

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Your Emotional Intelligence
*Quick Emotional Intelligence
Activities For*
3 Exercises for Developing
and Improving EI. These
three exercises are meant to
help individuals build their
emotional intelligence and

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Activities For Busy
Managers 50 Team
Exercises That Get Results
Assessment 15 Minutes

They are particularly helpful for leaders who want to boost their EI/EQ. 1. Emotional Intelligence Assessment for Leaders.

*13 Emotional Intelligence
Activities & Exercises (Incl*

Online Library Quick Emotional Intelligence Activities For Busy

This simple, easy-to-use book gives busy managers activities they can use to help their employees improve their levels of emotional intelligence and become more effective. The exercises

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included will help employees deal with anger and emotional triggers, pick up on cues from teammates, encourage communication, and much more. From the Back Cover

Online Library Quick Emotional Intelligence

*Quick Emotional Intelligence
Activities for Busy Managers*

Apart from this here are
some more activities for you
to try Splash cold water on
your face after a stressful
encounter and get back to

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work after that. Along with giving a feeling of freshness, cool conditions also help us in reducing the anxiety levels. Avoiding unhelpful habits like- caffeine intake and drug abuse, during hard times.

Online Library Quick Emotional Intelligence Activities For Busy

*Activities to Improve your
Emotional Intelligence | Try
Exercises That Get Results*

*17 Simple Exercises to
Master Emotional
Intelligence Exercises for
Self-Awareness 1. Why do you*

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do the things that you do?
Consciously monitor the
things that you're doing and
start asking yourself why
are you doing them. Is it
for you, for someone else,
what's the purpose, is this
the most important thing you

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need to be doing right now?

Managers 50 Team

*Mastering Emotional
Intelligence with 17 Simple
Exercises* Just 15 Minutes

Each activity relates to one
of the steps to improving
emotional intelligence

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outlined in The EQ
Difference. The seven steps
to improved emotional
intelligence are: 1.
Observe—Observation requires
us to gain a complete
understanding of how we
think, feel, and behave, and

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how we impact others. By xii

INTRODUCTION

*QUICK EMOTIONAL INTELLIGENCE
ACTIVITIES FOR BUSY MANAGERS*

This activity was adapted
from Quick Emotional
Intelligence Activities for

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Busy Managers by Adele B. Lynn. American Management Association. Introduction: Students don't always realize that bad moods are contagious and that one very stressed-out student can impact the classroom

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experience of everyone. This
is a good

Emotional Intelligence

Activities - ASCP

QUICK EMOTIONAL INTELLIGENCE
ACTIVITIES FOR BUSY
MANAGERS. bination of the

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voices to make wonderful music. Relate the analogy of the choir director to the different thoughts or voices in our heads competing for center stage in the choir. Someone must direct the thoughts, and that someone

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is our internal choir
director.

*Quick Emotional Intelligence
Activities for Busy Managers*

...

Improvisation Games &
Exercises For Developing

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Emotional Intelligence.

Since September Lifestage has been offering a monthly training workshop exploring the use of improvisation to develop Emotional Intelligence. These workshops have been geared

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Activities For Busy
Managers 50 Team
Exercises That Get Results
In Just 15 Minutes

toward the work done by
clinicians, educators and
trainers who guide the
process of personal change
or professional development,
but as it turns out we have
enjoyed some interesting
diversity among the

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participants - managers,
business owners with ...

*Improvisation Games &
Exercises That Get Results
Just 15 Minutes
Emotional ...*

Bosses with high intellect
and advanced emotional

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intelligence open up an avenue of success for their teams and their companies by attracting and keeping the most talented employees. Make the point: To boil it all down to one statement: emotional intelligence is

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highly correlated with performance, and since we are all in the business of performance improvement, we all need to focus on ...

Training activity to show the importance of emotional

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Activities For Busy

Emotional intelligence
relieves stress, helps one
communicate effectively and
empathize with others,
overcome challenges, and
prevent and defuse conflict.
Additionally, emotional

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Intelligence allows the recognition and understanding of what others are experiencing emotionally, providing a connection to others.

Emotional Intelligence Test

Page 37/104

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*/ Quiz [Free] -
Icebreaker Ideas*

Self-awareness is the foundation for emotional intelligence, self-leadership, and mature adulthood. With it, we can grow and develop. Without

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it, we are like a leaf riding a wind current. Self-awareness is a skill. In any skill, learning goes through four primary stages. The first stage is unconscious incompetence. When we start something new, we aren't

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aware of how poor we are at
it.

15 Self Awareness Activities
and Exercises to Build ...

1. Self Talk: How Thoughts
Affect Feelings and
Behavior. This lesson plan

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comes from the book Boost
Emotional Intelligence in
Students by Drs Elias and
Tobias. It aims to assist
students in Grades 5-9 to
come to terms with the
impact that our thoughts can
have on our feelings and

Online Library Quick Emotional Intelligence behavior. For Busy

Managers 50 Team
*Teaching Emotional
Intelligence to Teens and
Students . . .* Exercises That Get Results
15 Minutes

Free emotional intelligence
worksheets for therapists to
download. Use these

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emotional intelligence
worksheets and exercises
with your patients as
session work. Learn more
about and download our
Emotional Intelligence
worksheets. . . . Positive
Activities For Behavioral

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Activation Worksheet.

Managers 50 Team
*Emotional Intelligence
Worksheets | PsychPoint*

Readers will find powerful,
proven exercises they can
use to help employees: *
identify individual and team

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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

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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
...

Online Library Quick Emotional Intelligence Activities For Busy

*Quick Emotional Intelligence
Activities for Busy Managers*
Exercises That Get Results

In a team situation, many issues -- like lack of trust and commitment, unresolved conflicts, and the inability

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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

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Leaders activities to help
their teams overcome
emotional obstacles ...

Exercises That Get Results

Quick Emotional Intelligence
Activities for Busy Managers

...

What that means for

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educators is that emotional intelligence in the form of skills like empathy and collaboration is more important than ever. That's where a simple team-building exercise, like the one below, that can help folks

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get started. For Busy

Managers 50 Team

*A Simple Exercise to
Strengthen Emotional*

Intelligence in ...

Exercises That Get Results
15 Minutes
Emotional Intelligence: Free
Activities Emotional
intelligence (EQ)

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development is important for all of our students.

Learning about feelings: how we feel, what makes us feel the way we (and others) do, and what we can do to improve how we feel are life long skills.

Online Library Quick Emotional Intelligence Activities For Busy

*Emotional Intelligence: Free
Activities and More*

Buy Quick Emotional Results
Intelligence Activities for

Busy Managers: 50 Team
Exercises That Get Results
in Just 15 Minutes by Lynn,

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Adele online on Amazon.ae at best prices. Fast and free shipping free returns cash on delivery available on eligible purchase.

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"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

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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.

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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 *

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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

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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

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the best from any team."

Know-it-all bosses,
overcompetitive colleagues,
and leaders who rarely leave
their offices--common EQ
problems such as these
damage not just camaraderie,

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but also results. Because of this, managers are discovering now more than ever that emotional intelligence (EI)--knowing how to manage emotions, empathize, build relationships, and more--is

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A vital contributor to a company's success. But how does one go about persuading others to improve their EI? The Emotional Intelligence Activity Kit shows the way with 50 practical exercises to:

- Promote introspection •

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Increase empathy • Improve social skills • Boost influence • Inspire purpose • Bring everyone on board • And more

Studies have proven that emotional intelligence drives performance. But the problem has always been how

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to utilize this knowledge
and inspire new ways of
thinking among individuals.
But with this must-have kit,
trainers, coaches, and
organizational development
professionals can now break
through and trigger lasting

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EQ improvements in order to
create thriving, successful
organizations.

We've all heard of
"IQ"...but what's "EQ?"
It's "Emotional Quotient"
(aka Emotional

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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

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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

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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

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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

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philosophy The book also
includes suggested training
combinations and coaching
tips.

In Just 15 Minutes

Emotional Intelligence in
Action shows how to tap the
power of EI through forty-

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six exercises that can be used to build effective emotional skills and create real change. The workouts are designed to align with the four leading emotional intelligence measures—EQ-I or EQ-360, ECI 360, MSCEIT,

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and EQ Map, —or can be used independently or as part of a wider leadership and management development program. All of the book's forty-six exercises offer experiential learning scenarios that have been

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proven to enhance emotional
intelligence competencies.

Emotional intelligence (EI)
is the ability to monitor
one's own and other people's
emotions, to discriminate
between different emotions

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and label them appropriately, and to use emotional information to guide thinking and behavior. Studies have shown that people with high EI have greater mental health, exemplary job performance,

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and more potent leadership skills. Markers of EI and methods of developing it have become more widely coveted in the past few decades. In addition, studies have begun to provide evidence to help

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Characterize the neural mechanisms of emotional intelligence. Table of Contents: Preface 7 1 Overview of Emotional Intelligence 9 1.1 Introduction 9 1.2 Theories of Multiple Intelligences 10

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1.3 The Importance of Emotions	11
1.4 Emotions and the Brain	13
2 Why Emotional Intelligence Matters in the Workplace	15
2.1 Introduction	15
2.2 Case Study Examples	17
3 Models of Emotional Intelligence	21

Online Library Quick Emotional Intelligence

3.1 Introduction	21	3.2 The Ability-Based Model	21	3.3 The Trait Model of EI	22
Mixed Models of EI	23	4 Self-Awareness	26	4.1 Introduction	26
4.2 Emotional Self-Awareness	26	4.3 Accurate Self-Assessment			

Online Library Quick Emotional Intelligence

30	4.4 Self-Confidence	33	5
	Self-Management	35	5.1
	Introduction	35	5.2 Self-
	Control	36	5.3
	Trustworthiness	40	5.4
	Conscientiousness	40	5.5
	Adaptability	41	5.6
	Achievement Orientation	42	

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5.7 Initiative For Busy Social
Awareness 44 6.1
Introduction 44 6.2 Empathy
44 6.3 Organizational Results
Awareness 47 6.4 Service
Orientation 48 7 Social
Skills 49 7.1 Introduction
49 7.2 Influence 50 7.3

Online Library Quick Emotional Intelligence

Leadership	51	7.4	Developing
Others	51	7.5	Communication
52	7.6	Change Catalyst	52
7.7	Conflict Management	53	
7.8	Building Bonds	54	7.9
Teamwork and Collaboration	55	8	Resources
56			

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" ?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

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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

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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

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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

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help you to boost your
emotional intelligence so
that you can reach your
potential in any situation.?

In Just 15 Minutes

Develop and strengthen
essential emotional

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intelligence skills in adolescents with this practical, hands-on resource. Developing emotional intelligence (EQ) in students is essential to preparing them for success in college, careers, and

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adult life. This practical resource for educators explains what emotional intelligence is and why it's important for all students. The book lays out detailed yet flexible guidelines for teaching fundamental EQ in

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an intentional and focused way. The core of the book is a series of thirty hands-on lessons, each focusing on critical EQ concepts and centered around productive and respectful discussion. These research-based lessons

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are designed to take approximately thirty-five minutes each, but they can easily be adapted to meet the specific needs of a school or group. Digital content includes reproducible forms.

Online Library Quick Emotional Intelligence Activities For Busy

A collection of reproducible activities perfect for skill-building on self-awareness, emotional control, empathy, social expertness, personal influence, mastery of vision and more. Emotional

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Intelligence explains why, despite equal intellectual capacity, training, or experience, some people excel while others of the same caliber do not do as well.

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Co-published with SHRM.

Emotional Intelligence (EI)

is a strong indicator of
individual, team, and

organizational success. But

stocking up on emotionally
intelligent employees isn't
enough: you need a concrete

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Activities For Busy
Managers 30 Team
Exercises That Get Results
In Just 15 Minutes

plan for putting this
valuable resource to work.
The EQ Difference offers an
array of self-assessment
tools and team-focused
exercises that will help
increase and leverage
emotional intelligence both

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in individuals and in groups. It's filled with practical tips and suggestions for developing your own "emotional quotient," as well as that of your peers, employees, and even senior executives.

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Featuring real workplace examples, Letters to Leaders, and excerpts from actual performance reviews that show the positive impact of EI in a variety of environments, The EQ Difference will help your

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organization to achieve greater productivity, higher morale, and better employee retention -- all keys to stronger bottom line results.

Research indicates that

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emotional intelligence (EI) accounts for an astonishing 70-80 percent of management success. Technical expertise just isn't anymore: project managers need strong interpersonal skills and the ability to recognize

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emotional cues in order to lead their teams to success. Emotional Intelligence for Project Managers introduces readers to all facets of EI and shows how emotions can be leveraged to meet project goals. They'll learn how to:

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* Set the tone and direction
for the project *
Communicate effectively *
Motivate, inspire, and
engage their team *
Encourage flexibility and
collaboration * Deal
productively with stress,

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criticism, and change *

Establish the kind of high morale that attracts top performers * And more The

second edition includes several expanded sections on self-awareness and self-management, as well as a new

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Activities on using EI to lead Agile Teams and a close look at Servant Leadership. Without the people skills necessary to lead effectively, even the most carefully orchestrated project can fall apart. This

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indispensable guide gives
project managers the tools
they need to create winning
teams and get the job done
right and on time.

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Page 103/104

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