

<<行动情绪智力>>

图书基本信息

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内容概要

Emotional Intelligence in Action shows how to tap the power of EI through forty-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®, 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 proven to enhance emotional intelligence competencies.

书籍目录

Foreword by Reuven Bar-On Acknowledgments Introduction: Getting the Most from This Resource PART ONE Using Emotional Intelligence to Create Real Change CHAPTER 1 The Case for Emotional Intelligence CHAPTER 2 How Everyone Can Use the Workouts: Cross-Reference Matrix PART TWO Exploring Fifteen Competencies of Emotional Intelligence 1 Self-Regard 2 Emotional Self-Awareness 3 Assertiveness 4 Independence 5 Self-Actualization 6 Empathy 7 Social Responsibility 8 Interpersonal Relationships 9 Stress Tolerance 10 Impulse Control 11 Reality Testing 12 Flexibility 13 Problem Solving 14 Optimism 15 Happiness PART THREE Emotional Intelligence Workouts to Build Effective Skills 1 Self-Regard WORKOU 1.1 Of Thine Own Self Be Aware WORKOU 1.2 Reconciliation WORKOU 1.3 Toot Your Horn and Scratch Your Back 2 Emotional Self-Awareness 3 Assertiveness 4 Independence 5 Self-Actualization 6 Empathy 7 Social Responsibility 8 Interpersonal Relationships 9 Stress Tolerance 10 Impulse Control 11 Reality Testing 12 Flexibility 13 Problem Solving 14 Optimism 15 Happiness Resources References About the Authors Index How to Use the CD-ROM Pfeiffer Publications Grid

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