

## The emotional intelligence activity book: 50 activities for developing EQ at work

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### Abstrak

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