

## Quick emotional intelligence activities for busy managers: 50 team exercises that get results in just 15 minutes

Lynn, Adele B., author

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### Abstrak

Issues like lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact others often stop the most promising teams from delivering great results. 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 included will help employees deal with anger and emotional triggers, pick up on cues from teammates, encourage communication, and much more.