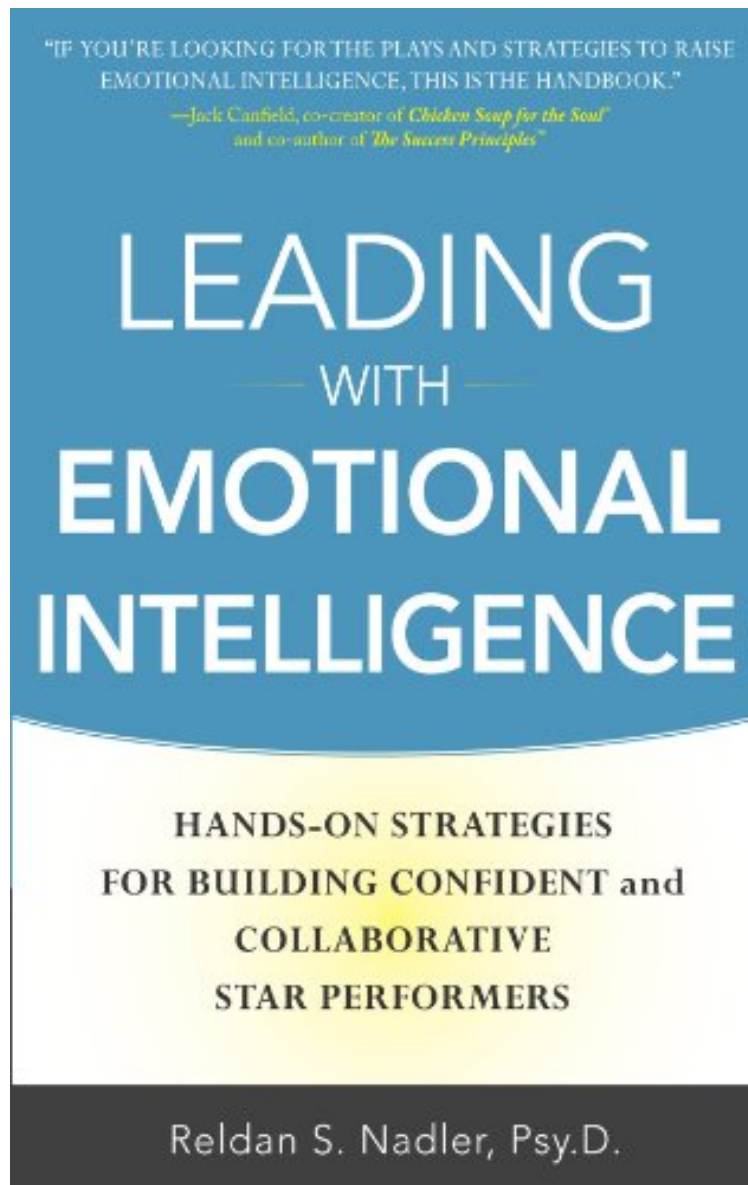


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# **Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers**

*Reldan Nadler*

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**Reldan Nadler : Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers** before purchasing it in order to gage whether or not it would be worth my time, and all praised **Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers**:

1 of 1 people found the following review helpful. Outstanding, practical resource for developing key EI competencies  
 By Ed Nottingham  
 Dr. Nadler's *Leading with Emotional Intelligence* is best in class! In the initial chapters, he clearly tells us what emotional intelligence (EI) is and provides a solid (and current) research foundation for the benefits associated with developing EI competencies. Unlike many resources on EI, this is a practical text designed to help develop the six (6) EI competencies associated with being a "Star Performer, performing in the top 10%. Readers who wonder about their EI competencies are provided with excellent assessment tools (e.g., EI Star Profile and the Derailer Detector) that provide both a better understanding of EI competency strengths and opportunities and the foundation for creating an EI Action Plan needed to become a "Star Performer." With a better understanding of the EI competencies, Dr. Nadler offers specific tips and tools for developing key EI competencies. These tips and tools include "Secrets and Current Practices" of various Star Performers profiled, the "Coach's Corner" that provides strategies for developing specific EI competencies, and other suggestions throughout the book. These tips and tools are invaluable for readers who are tweaking their EI Action Plans as well as for leaders and executive coaches working with teams, direct reports, coachees, etc. Some may be thinking, "But it will take forever to develop these competencies, and I don't have time!" Dr. Nadler's tips and tools are both effective AND efficient. In fact, he emphasizes that "micro-initiatives" can have a "macro impact" (or MI = MI). For example, an average to good leader may provide feedback that takes 3 seconds but will have minimal impact while a great leader can give feedback that takes 12 seconds and can have a major impact!

*Leading with Emotional Intelligence* is not just for individuals who have a job title of leader or manager! Dr. Nadler emphasizes that we are all leaders whether leading ourselves, leading projects, leading teams, or in a formal leadership position. Research tells us that IQ (intellectual quotient) may get us "on the bus," but it is EI/EQ (emotional quotient) that separates exceptional from average leaders. If you want to be a Star Performer or help others become "Stars," then *Leading with Emotional Intelligence* is the place to start.

Ed Nottingham, PhD  
 Clinical Consulting Psychologist  
 Author, *It's Not as Bad as It Seems: A Thinking Straight Approach to Happiness*  
 It's Not As Bad As It Seems  
 1 of 1 people found the following review helpful. Great for Your Personal or Professional Life  
 By Clifford A. Walters MD  
 Rely has done it again. He loves to tell stories in his book, which are easy to follow and understand the concepts. He has given many examples in real life of good leaders and great leaders. He also gives a huge battery of tools that can be used in a group setting or in a one-on-one coaching session. He gives a section at the end of exercises that one can do. The focus is clearly on emotional intelligence, but the success of any organization or individual leader is 90% attributable to emotional intelligence and 10% related to IQ (facts and figures). So understanding that organizations exist simply because we can't agree gives serious cause to the importance of relationships and the relating to people - even those with whom you don't agree. Rely has taken his work to a new level and gives you the tools needed to become a star performer. This is one of the best personal self-help books or reference book for the coaching world! Way to go, Rely!

Cliff Walters, MD, MBA, ACC  
 Executive Personal Coach  
 Redlands, California  
 [...] 0 of 0 people found the following review helpful. Two Stars  
 By Timbo T  
 Ummm not so good.

Everyone agrees that Emotional Intelligence (EI) plays a key role in overall success. But when it comes to putting theory into practice, EI consultant Reldan Nadler, Psy.D., has written the only book on the subject that shows you step-by-step how to: INCREASE CONFIDENCE IMPROVE TEAMWORK ENHANCE COMMUNICATION DEVELOP STAR PERFORMANCE PROTECT YOUR IQ WITH EI The more than 100 cutting-edge tools and strategies presented here are used by the most effective leaders in the world. This complete, hands-on action plan has worksheets, exercises, self-quizzes, and much more to show how great leaders put Emotional Intelligence to work. "One of the most practical and useful books on the topic that I've seen." -- David B. Peterson, Ph.D., Senior Vice President, Personnel Decisions International, author of *Leader as Coach* and *Development First* "The perfect field guide for leaders who hope to improve their Emotional Intelligence and increase employee engagement, performance, and retention in the process. It is user-friendly and filled with practical tips and tools." -- Sharon Jordan-Evans, co-author of *Love 'Em or Lose 'Em: Getting Good People to Stay* "Provides detailed and easy-to-use practices to make you and your leaders superstars. One of the most valuable leadership books available!" -- Jeffrey E. Aurbach, Ph.D., President, College of Executive Coaching "Open to any page, and you will find a key lesson in leadership." -- Sylvia K. Leduc, M.Ed., MPEC, leadership specialist "Provides the kind of real-world guidance that is so often missing from leadership books. The tools and techniques are immediately applicable." -- Nick Rothenberg, OD consultant and owner, 2Be, LLC First introduced 15 years ago, Emotional Intelligence (EI) has been recognized as a far better indicator of success in the workplace than IQ is. But how do you apply the principles of EI in the real world? This book shows you how. Written by Dr. Reldan Nadler--one of the top corporate experts in EI leadership--this hands-on guide uses case scenarios and step-by-step strategies to provide all the answers you need: How do I increase my confidence and EI to become a star player? How can I become more effective as a leader? How do I develop my people to become our next leaders? How can I communicate decisions to become more successful? What can I do at my next team meeting to improve morale and performance? Filled with more than 100 EI tools and techniques, Dr. Nadler's proven program is a must-have resource for CEOs, executives, managers, and team leaders. Organized by key topics--

communication, collaboration, confidence, self-control, and developing others--this book offers invaluable quick-reference tips, as well as detailed checklists, worksheets, and action plans. In addition, you'll find fascinating frontline reports of leadership in action: Warren Buffett's vision and leadership of powerful CEOs, Jeff Immelt's staying power at GE, Pete Carroll's optimism at USC, and Meg Whitman's commitment to service at eBay. This is how successful people put their emotional skills to work. This is how you increase confidence, teamwork, and performance. This is Leading with Emotional Intelligence.

About the Author Reldan S. Nadler, Psy.D., is a world-class executive coach, leadership consultant, and corporate trainer with more than 30 years of experience in the corporate world. His clients include DreamWorks Animation, Comcast Entertainment, the College of Executive Coaching, and Vanguard Health Systems. He is also the Emotional Intelligence expert at Self-Growth.com and the co-host of a VoiceAmerica Internet radio show. He lives in California with his wife and two children.