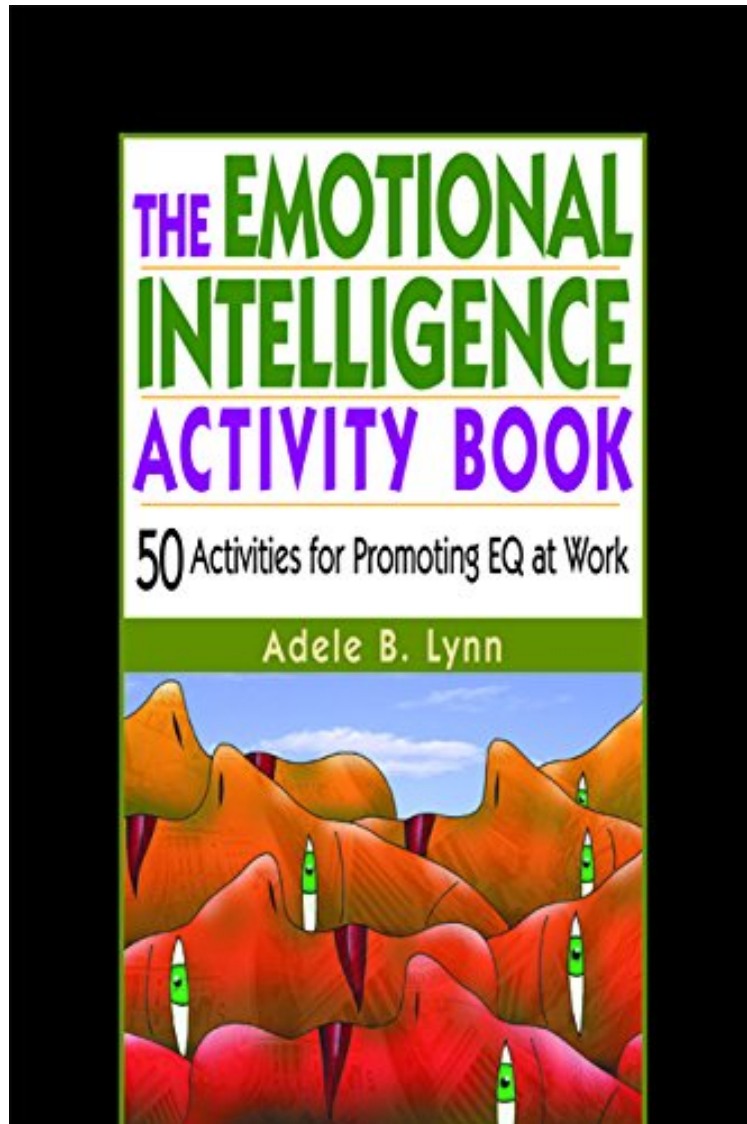


[Download] The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work

The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work

Adele B. Lynn

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Adele B. Lynn : The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work before purchasing it in order to gage whether or not it would be worth my time, and all praised The Emotional Intelligence Activity Book: 50 Activities for Promoting EQ at Work:

0 of 0 people found the following review helpful. ... for 1/2-2 day training formats using the materials is good. The activities have application for use in group ...By anita dahlstromThe outline for 1/2-2 day training formats using the materials is good. The activities have application for use in group settings. Either I've missed it or I'm disappointed

that there isn't a website associated with the "handouts" that one can go to after purchasing the book to print the exercises. If anyone has found this, please let me know. The thought of having to create the handouts reduces the usefulness of purchasing the book.0 of 0 people found the following review helpful. They learn best when they can be interactive and learn from each ...By Wanda W. SwainAs a trainer, I made the assumption that "activities" were experiential learning activities, but instead this is a compilation of worksheets. My experience with adult learners is that worksheets equal busy work. They learn best when they can be interactive and learn from each other. Disappointed that I these "activities" don't match my teaching style.0 of 0 people found the following review helpful. Great for managementBy K. PettitAnyone in people management would benefit from the activities in this book. The book gives you individual and team activities, many of which are perfect for team meetings or company events, that are fun and entertaining but have emotional intelligence goals in mind. Develop your staff into more productive employees by playing games and activities.

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.

You'll find "The Emotional Intelligence Activity Book" a useful addition to your facilitator's toolkit. -- The Facilitator About the Author Adele B. Lynn (Belle Vernon, PA) is the founder of Lynn Learning Labs, which consults with companies throughout the world. She is a frequent guest on radio talk shows, as well as a member of the National Speakers Association.