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**THE
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- EXPRESS YOURSELF EFFECTIVELY
- MANAGE OVERWHELMING EMOTIONS
- LEAD WITH YOUR VALUES
- CONNECT WITH OTHERS

**IMPROVE COMMUNICATION AND
BUILD STRONGER RELATIONSHIPS**

STEPHANIE CAPELLA, PSYD | MATTHEW MCKAY, PHD

FOREWORD BY ROBYN D. WALSER, PHD

Global Trend Emotional Intelligence Workbook

SJ Ball



Global Trend Emotional Intelligence Workbook:

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Developing Emotional Intelligence Richard J. Bodine, Donna K. Crawford, 1999 This book is a call to educate rather than control It shows how to create a noncoercive behavior management program in which students learn to intentionally use their emotions to guide them in making responsible need fulfilling choices Covers areas such as learning interpersonal relationships problem solving and adapting to the complex demands of growth development and change The appendix presents seven lessons to give students a basic understanding of their behavior emphasizing that all behavior is purposeful and that all behavior is chosen **BRW.** ,2006 *AllAbout Human Capital Management* ,2003 *Competency & Emotional Intelligence Quarterly* ,2000 *Emotional Intelligence* Daniel Goleman,1995 A New York Times best seller draws on the latest research in psychology and neuroscience to show how the rational and the emotional faculties of the mind work together to shape the fate of each individual **International Abstracts of Human Resources** ,2006 **The New International Year Book** ,1922 *Shaping Minds, Building Leadership* ,2009 **Book Review Digest** ,2002 *International Encyclopedia of Business and Management* Malcolm Warner,2002 **Topic** ,1994 **Trends in Educational Studies** ,2010 **International Journal of Ethics** ,1900 Includes section Book reviews

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