

<<行动情绪智力>>

图书基本信息

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### 内容概要

Emotional Intelligence in Action shows how to tap the power of EI through forty-six exercises that can be used to build effective emotional skills and create real change. The workouts are designed to align with the four leading emotional intelligence measures—EQ-I® or EQ-360®, ECI 360, MSCEIT®, and EQ Map®,—or can be used independently or as part of a wider leadership and management development program. All of the book's forty-six exercises offer experiential learning scenarios that have been proven to enhance emotional intelligence competencies.

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