

50 *Activities*

FOR DEVELOPING
EMOTIONAL INTELLIGENCE

Adele B. Lynn

50 Activities For Developing Emotional Intelligence

Adele B. Lynn



50 Activities For Developing Emotional Intelligence:

50 Activities for Developing Emotional Intelligence Adele B. Lynn, 2000 A collection of reproducible activities perfect for skill building on self awareness emotional control empathy social expertness personal influence mastery of vision and more Emotional Intelligence explains why despite equal intellectual capacity training or experience some people excel while others of the same caliber do not do as well

The Emotional Intelligence Activity Book Adele B. Lynn, 2002 The first book of activities dedicated to developing Emotional Intelligence in the workplace

50 Activities for Developing Emotional Intelligence Adele B. Lynn, 2003

50 Activities Emotional Intelligence L1 Dianne Schilling, 2001-01-01 Research indicates that IQ contributes only about 20 percent to the factors that determine success The other 80 percent of the factors are related to EQ emotional intelligence Emotional intelligence impacts every area of life health learning behavior and relationships Teaching children and youth to understand manage and productively express their emotional intelligence pays big dividends in all areas of their lives and yours In response to the growing EQ movement these activity guides have been developed based on the ground breaking brain and behavioral research on emotional intelligence The result is a complete emotional literacy program Each book contains a comprehensive overview of emotional intelligence theory what it is why it has become such a hot topic in education and its scientific basis in brain research plus concrete suggestions for schooling the emotions Each unit includes a thematic overview stimulating age appropriate activities and lively discussion topics

The Emotional Intelligence Activity Book Adele Lynn, 2001-12-26 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

The Emotional Intelligence Activity Kit Adele Lynn, Jane Lynn, 2015-10-21 Elevate emotional intelligence throughout your organization and watch profitability retention and customer satisfaction soar Know it all bosses overcompetitive colleagues and leaders who rarely leave their offices common EQ problems such as these damage not just camaraderie but also results Because of this managers are discovering now more than ever that emotional intelligence EI knowing how to manage emotions empathize build relationships and more is a vital contributor to a company's success But how does one go about persuading others to improve their EI The Emotional Intelligence Activity Kit shows the way with 50 practical exercises to Promote introspection Increase empathy Improve social skills Boost influence Inspire

purpose Bring everyone on board Studies have proven that emotional intelligence drives performance But the problem has always been how to utilize this knowledge and inspire new ways of thinking among individuals With The Emotional Intelligence Activity Kit trainers coaches and organizational development professionals can now break through and trigger lasting EQ improvements to create thriving successful organizations

Coaching for Emotional Intelligence Bob WALL,2006-10-27 At some point in their careers all managers face a frustrating and seemingly insurmountable challenge the highly intelligent highly skilled direct report who is failing when he should be excelling Often this employee is destroying not only his own career but also the morale of the rest of the team While this behavior may initially seem willful it is more than likely due to a lack of emotional intelligence the ability to comprehend one's emotions empathize with the feelings of others and interact with people in ways that promote congenial working relationships More than any other trait emotional intelligence is the one variable that can transform a mediocre employee into an exceptional one Managers now have a new and demanding role They must become coaches who help their employees to develop emotional intelligence and the positive interpersonal relationships that result And while this kind of corrective coaching may seem daunting and unpleasant to many managers it is also achievable with the right tools In Coaching for Emotional Intelligence Bob Wall offers coaching strategies that will enable every manager to elicit excellence by improving the negative behaviors and communications flaws that are undermining an employee's performance The book provides a structured format for formulating and delivering both praise and corrective feedback as well as a step by step method and sample scripts for conducting a coaching session Readers will Overcome the fear of coaching on sensitive personal issues Learn the critical importance of praise and how to give it Understand the influences that shaped the behaviors of the individual being coached Determine whether an employee is responding to corrective coaching when to keep him and when to fire him Create an action plan for teaching employees to identify and alter unwanted behavior Master spontaneous coaching delivering praise in 15-20 seconds and corrective feedback within 45 seconds Formulate structured conversations when corrective coaching isn't working Create successful detailed and clear personal team and work evaluations and mission statements The first book of its kind Coaching for Emotional Intelligence is a thoughtful realistic and accessible guide that will change the way managers lead in the workplace and will ensure that their employees are reaching their full potential

675 Ways to Develop Yourself and Your People Laurel Alexander,2015-03-01 Increase your understanding of facilitation and learn interventions and exercises you can use with others This resource manual provides managers trainers and consultants a format based on the core skills facilitators need to develop as well as the issues they will face at work The Fast Facilitator shows the difference facilitation skills can make in helping people learn be more self-aware be more flexible in their thinking and behavior and build their self confidence The manual is organized into three parts covering a huge amount of groundwork Essential facilitation group and team facili

School Effectiveness Marilyn Tew,2007-11-12 Includes CD Rom This resource was a very valuable tool in

helping us to incorporate SEAL lessons into the PSHE curriculum for Years 7 and 8 this year the activities are set within the context of research into social work and emotional aspects of learning conducted by the author and in practice they work with the students Feedback from our 7 and 8 students on these lessons was overwhelmingly positive Jenny Tinnelly Henry Floyd Grammar School Are you looking for a quality programme to help promote emotional literacy in your school School Effectiveness provides a complete activity and resource pack for implementing emotional literacy within your school Filled with strategies activities resources games lessons and materials the pack includes A guidebook for teachers clearly explaining the theory behind emotional literacy and providing practical ideas for the classroom A CD Rom containing a colour student workbook designed to involve every student in the development of emotional literacy Lesson notes games and copiable activity sheets for classroom use also available on the CD Rom A second CD Rom containing the easy to install TalkiT software programme which can be used as a powerful classroom assessment tool to measure and evaluate personal and social development The CD Rom allows over 30 free trials and uses clear and simple operating instructions throughout Success at school is more than academic achievement Personal and social development is just as important To create this pack Marilyn Tew led a fascinating project in British secondary schools to uncover how young people felt about school life showing that for most it was personal and social success that was of primary importance This valuable resource pack takes the findings of Marilyn s research and builds them into exciting practical applications to help students develop self awareness self control motivation and the understanding to get along with others The additional TalkiT software makes it an essential all in one resource for every school Marilyn Tew is a visiting fellow of the Graduate School of Education at the University of Bristol She is experienced in secondary education as a teacher and manager In addition she has been a researcher and national trainer in PSHE groupwork Circle Time and emotional literacy for the past nine years Her special interest is groups particularly the circle emotional literacy and work with the community to support learning

Arts Therapies and Gender Issues Susan Hogan, 2019-07-30 Arts Therapies and Gender Issues offers international perspectives on gender in arts therapies research and demonstrates understandings of gender and arts therapies in a variety of global contexts Analysing current innovations and approaches in the arts therapies it discusses issues of cultural identity which intersect with sex gender norms stereotypes and sexual identity The book includes unique and detailed case studies such as the emerging discipline of creative writing for therapeutic purposes re enactment phototherapy performative practice and virtual reality Bringing together leading researchers it demonstrates clinical applications and shares ideas about best practice Incorporating art drama dance and music therapy this book will be of great interest to academics and researchers in the fields of arts therapies psychology medicine psychotherapy health and education It will also appeal to practitioners and teachers of art dance movement drama and music therapy

Emotional Literacy Jane Adams, 2015-05-13 A must have for every teacher who wants to develop the emotional competence of children in their class This resource contains 45 lessons

more than enough for one lesson per week The lessons each contain detailed teachers notes warm up games and activities questions to ask and ideas about what to expect Most lessons also include a photocopiable activity The activities are divided into 5 sections knowing myself developing empathy managing feelings developing social skills and the big picture

Emotional Intelligence Annamaria Di Fabio,2012-02-01 Emotional intelligence is an emerging construct for applied research and possible interventions both in scholastic academic and educational contexts organizational contexts as well as at an individual level in terms of people s well being and life satisfaction From the presented contributions it emerges how this volume is characterized by an interest to give an international overview rich of stimuli and perspectives for research and intervention in relation to a promising variable of current interest such as emotional intelligence The goal is that this book further contributes to the affirmation of a particularly promising variable such as emotional intelligence which requires a greater interest and attention in both research and application field

50 Activities Emotional Intelligence L1

Dianne Schilling,1996-01-01 Instructional units address self awareness managing feelings decision making managing stress personal responsibility self concept empathy communications group dynamics and conflict resolution

Gifted & Talented

Coordinator's Handbook Sophie Craven,2008

Circle Time for Emotional Literacy Sue Roffey,2006-07-11 Emotional literacy has become an important issue in schools and the ethos behind Circle Time is complementary to the thinking behind this The Social Emotional and Behavioural Skills curriculum SEBS is being established in schools and it is recognised as contributing to a positive and successful school environment Offering many new ideas and activities to try out in Circle Time this book covers why your school needs Circle Time how you go about starting Circle Time in your school the underlying philosophy and basic rules the role of the teacher as facilitator how you make it work what to do if language and attention issues are problematic how to tackle common problems that can occur The activities look at promoting listening and attention skills self awareness and self esteem class cohesion and empathy co operation and friendship skills

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Activities for Teaching Emotional Intelligence Dianne Schilling,2014-12-05 Teach important social and emotional skills with this powerful emotional intelligence curriculum By involving you students in these engaging activities they learn how to constructively express themselves and control their behavior think through the consequences of their actions learn how to take the perspectives of others and to develop empathy accept responsibility for their decisions develop skills for positively managing conflict anger and stress The instructional strategies are appropriate for classroom or counseling groups and include a variety of meaningful large and small group activities lively discussion topics and reproducible activity sheets This collection of the most popular and effective social emotional activities ever offered by Innerchoice Publishing is organized into ten units They are Self awareness Managing Feelings Decision Making Managing Stress Personal Responsibility Self concept Empathy Communications Group Dynamics Conflict Resolution

A Critique of Emotional Intelligence Kevin R.

Murphy,2014-02-25 This book analyzes important criticisms of the current research on Emotional Intelligence EI a topic of

growing interest in the behavioral and social sciences It looks at emotional intelligence research and EI interventions from a scientific and measurement perspective and identifies ways of improving the often shaky foundations of our current conceptions of emotional intelligence With a balanced viewpoint *A Critique of Emotional Intelligence* includes contributions from leading critics of EI research and practice e g Frank Landy Mark Schmit Chockalingam Viswesvaran proponents of EI e g Neal Ashkanasy Catherine Daus as well as a broad range of well informed authors Proponents claim that EI is more important in life than academic intelligence while opponents claim that there is no such thing as emotional intelligence Three key criticisms that have been leveled at emotional intelligence include 1 EI is poorly defined and poorly measured 2 EI is a new name for familiar constructs that have been studied for decades and 3 claims about EI are overblown While the book presents these criticisms the final section proposes ways of improving EI research and practice with EI theories tests and applications

Emotional Intelligence Mourad Ali Eissa, 2008 This edited volume brings together work from leading scholars and new voices in the field of emotional intelligence It examines emotional intelligence from the perspectives of educational psychology and positive psychology with integrations across the two disciplines Viewing emotional intelligence through these frameworks allows and illuminates the exploration of its positive potential and of emotional processing in contexts such as schools and workplaces Readers will find leading empirical and theoretical views on emotional intelligence presented in this comprehensive collection as well as inspiration for future research

Smart Emotions for Busy Business People Byron Stock, 2008-03 The How to book that teaches five simple techniques proven to increase resilience personal productivity and Emotional Intelligence skills

Communication from the Inside Out Karen Mueller, 2011-09-15 You ll begin with a thorough analysis of your internal communication which includes self talk related to personal esteem resilience and outlook Next you ll explore how to build effective and satisfying alliances with others your external communication which includes the development of skills related to negotiation social awareness and emotional intelligence Finally you will be guided to develop your instrumental communication which includes skills related to effective teaching advocacy and leadership

50 Activities For Developing Emotional Intelligence Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**50 Activities For Developing Emotional Intelligence**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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