

(Free read ebook) Emotional Intelligence at Work

## Emotional Intelligence at Work

*Hendrie Weisinger*

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# Emotional Intelligence at Work

*"Shows how to recognize and manage emotions  
and use them for motivational purpose."  
—Publishers Weekly*

**Hendrie Weisinger, Ph.D.**  
*Author of Anger at Work*

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**Hendrie Weisinger : Emotional Intelligence at Work** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Intelligence at Work:

0 of 0 people found the following review helpful. Five StarsBy CustomerStill working on it!73 of 78 people found the following review helpful. Great How-To on a Difficult SubjectBy Laura V. PageThe attention to "emotional intelligence" started with Daniel Goleman's book "Emotional Intelligence" published in 1995. Although an excellent book, this Weisinger book is a better guide to how to USE emotional intelligence. It is full of practical exercises and real world examples. I have used it when I teach the subject and would recommend it if you really want to change and learn new responses when the going gets tough, not just think about it. Best wishes to all who are trying to develop

these difficult skills. It ain't easy, but this book makes it easier. A good guide. 1 of 2 people found the following review helpful. Great Read! By JLMI was required to read this book for a college level course. As a manager, I often told employees to leave their baggage or drama at the door, but they didn't often listen. This book is well presented with doable exercises to enhance your emotional intelligence. The author also uses humor at some parts which makes it relatable.

Access an Untapped Source of Success At long last, a book directed to the working world that acknowledges and demonstrates how managing our emotions and dealing with the feelings of others increases the bottom line. Practical, practical, practical! --Rita McGlone, assistant director of executive education, The Wharton School of Business Experts now acknowledge that emotional intelligence (EI) is perhaps the most crucial determinant of success in the workplace. And unlike IQ or other traditional measures of intelligence, EI can be developed and dramatically increased. This unprecedented book demonstrates how to master the core competencies of EI, abilities that include self-motivation, high self-awareness, mood management, and emotional mentoring. In addition, it includes scores of real-world examples and dozens of practical exercises that accelerate the process, along with step-by-step approaches to mastering a variety of EI techniques.

"At long last, a book directed to the working world that acknowledges and demonstrates how managing our emotions and dealing with the feelings of others increases the bottom line. Practical, practical, practical!" --Rita McGlone, assistant director of executive education, The Wharton School of Business "Emotional Intelligence at Work is your antidote to job-related stress. It is healthy and nutritious for your mind and your body." --Dr. Art Ulene, The Today Show "This is the one book that translates the theory of emotional intelligence into an accessible, hands-on program everyone can use to advance their careers and improve their lives." --John Mayer, Ph.D., co-creator of the theory of emotional intelligence and associate professor of psychology, University of New Hampshire "Dr. Weisinger shows us how to use our emotional assets to maximize our intellectual assets. We can all use this book and we all know someone who can use it, too." --Allan Barnes, intellectual assets process leader, IBM Advanced Business Institute "Dr. Weisinger demonstrates how we all can use emotions as an opportunity. Deploy his techniques to increase satisfaction, performance and bottom-line results in your organization." --Debra-Lynn Terrill, director of executive education, Anderson Graduate School of Management, UCLA From the Publisher Emotional Intelligence at Work is your antidote to job related stress. It is healthy and nutritious for your mind and your body. From the Inside Flap If you think analytical skills, company loyalty, or even competence is the key to success in the workplace, it's time to think again. Most experts now agree that those who climb the corporate ladder most quickly are those who possess a high degree of emotional intelligence. Simply put, emotional intelligence (EI) is the ability to make your emotions work for you by using them in ways that produce the results you want. And the good news is that, unlike IQ and other traditional measures of intelligence, EI can be developed and dramatically increased. Based on an extensive body of research and the author's years of experience in the field, Emotional Intelligence at Work is a hands-on guide people can use to amplify their own emotional intelligence. In plain, easy-to-follow language, Dr. Weisinger explains exactly what EI is all about. He shows how to master the core competencies of emotional intelligence, abilities that include self-motivation, high self-awareness, mood management, and emotional mentoring. Moreover, he includes scores of real-world examples and dozens of practical exercises that accelerate the process, as well as step-by-step approaches to mastering a variety of EI techniques. Aside from showing individuals how they can get ahead by applying emotional intelligence in the workplace, Dr. Weisinger also explains how businesses can benefit through the application of EI on a company-wide basis. Because the development of EI leads to employees who are more creative, more fulfilled, and more enthusiastic, its promotion throughout an organization can improve productivity, speed adaptation to change, improve retention of key employees, and generally bolster that organization's competitive stance. A number of books have been written about the theories surrounding emotional intelligence. But this is the first to translate those theories into a pragmatic plan of action anyone can follow. Use it to achieve the kind of success that, until now, seemed always re-