

How To Develop *Emotional* Intelligence



RESOURCE CHEAT SHEET

Online resources

Institute of Health and Human Potential – a site that offers emotional intelligence tools and tips to help you perform your best when you're under pressure. For 15 years the IHHP has learned what it takes to better utilize emotional intelligence.

www.ihhp.com/resource-center

The Emotional Intelligence Training Company Inc. – provides free emotional resources and tools about emotional intelligence skills and how to improve performance in the workplace.

www.eitrainingcompany.com

Practical Emotional Intelligence – white papers, videos, infographics and articles on emotional intelligence.

www.emotionalintelligencecourse.com/resources

Articles

7 Ways to Boost Your EQ – a quick article that provides tips and techniques for boosting one's emotional intelligence.

<https://www.brit.co/how-to-boost-your-eq-emotional-intelligence/>

How to Be Mentally Tough Without Sacrificing Emotional Intelligence – a comprehensive article on how having mental toughness doesn't mean you have to settle with a low emotional intelligence. <https://www.fastcompany.com/90367152/how-to-be-mentally-tough-without-sacrificing-emotional-intelligence?partner=rss>

Share Your Emotional Intelligence with Hiring Managers – an article that explains why you need to share your emotional intelligence level with hiring managers if you want to land the job.

<https://money.usnews.com/money/blogs/outside-voices-careers/articles/share-your-emotional-intelligence-with-the-hiring-manager>

13 Signs of High Emotional Intelligence – a quick article on the different signs that suggest someone has a high level of emotional intelligence.

<https://www.inc.com/justin-bariso/13-things-emotionally-intelligent-people-do.html>

What is Emotional Intelligence – an article that explains the traits that are critical to high levels of emotional intelligence.

<https://psychcentral.com/lib/what-is-emotional-intelligence-eq/>

Books on Emotional Intelligence

Emotional Intelligence: Why it Can Matter More than IQ by Daniel Goleman – In his best-selling book, Dr. Daniel Goleman explains the crucial skills you need to develop for success by emotional intelligence that can determine not only your success in work and relationships, but that may also impact your overall health.

<https://www.amazon.com/Emotional-Intelligence-Matter-More-Than/dp/055338371X>

Emotional Intelligence 2.0 by Travis Bradberry, Jean Greaves, and Patrick M. Lencioni – The book focuses on ways you can use your emotional intelligence to improve your life. It provides a step-by-step program for increasing your emotional intelligence that focuses on four skills: self-awareness, social awareness, self-management, and relationship management, along with providing activities that will help you boost each of the areas.

https://www.amazon.com/Emotional-Intelligence-2-0-Travis-Bradberry/dp/0974320625/ref=sr_1_4?s=books&ie=UTF8&qid=1328548324&sr=1-4

Go Suck a Lemon: Strategies for Improving Your Emotional Intelligence by Michael Cornwall – the book focuses on aspects of emotional intelligence and aims to teach you a process that you can use to help you approach any task with more careful and well thought-out emotional problem solving.

https://www.amazon.com/Suck-Lemon-Strategies-Improving-Intelligence/dp/1456515608/ref=sr_1_7?s=books&ie=UTF8&qid=1328548324&sr=1-7

The EQ Edge: Emotional Intelligence and Your Success by Steven Stein and Howard Book – you'll learn why emotional intelligence is such a critical skill to have to be successful and find new ways that you can help build stronger relationships, get ahead at work, be a better leader, and feel more confident.

https://www.amazon.com/Edge-Emotional-Intelligence-Jossey-Bass-Leadership/dp/0470838361/ref=cm_lmf_tit_3

The EQ Difference: A Powerful Plan for Putting Emotional Intelligence to Work by Adele B. Lynn – learn how to leverage the lessons you learn about EQ to find more success in your career. With examples and exercises the author showcases the profound effect emotions have on all aspects of life.

https://www.amazon.com/EQ-Difference-Powerful-Emotional-Intelligence/dp/0814408443/ref=cm_lmf_tit_6

Podcasts on Emotional Intelligence

EQ Evolution – the hosts of the podcast have over 30 years of experience teaching emotional intelligence, they unpack what it takes to live Emotional Intelligence in every aspect of your life.

<https://player.fm/series/eq-evolution-living-emotional-intelligence-that-impacts-self-awareness-purpose-empathy-leadership-parenting-resilience-and-more-2391110>

The Emotional Intelligence Channel – this podcast focuses on helping you learn more about emotional intelligence and how to use the skills, tools, and techniques within your organization to boost personal and team effectiveness.

<https://podcasts.apple.com/us/podcast/the-emotional-intelligence-channel/id642338902>

Wellness Force Radio – a global collective that is dedicated to mastering both physical and emotional intelligence in order to thrive in the modern world.

<https://player.fm/series/wellness-force-radio>

Spirit of EQ Podcast – a podcast dedicated to shaping and guiding the road ahead for people wanting to realize their full potential through emotional intelligence.

<https://player.fm/series/spirit-of-eq-podcast>

TED Talks That Will Boost Emotional Intelligence

How to Make Stress Your Friend by Kelly McGonigal – Psychologist

Kelly McGonigal encourages viewers to see stress as a positive and introduces the resulting benefits. She also talks about how reaching out to others when you are under stress can help to build resilience.

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Why Aren't We More Compassionate by Daniel Goleman – Daniel Goleman is a psychologist and award-winning author who contributed to the popularity of EQ. In this TED talk, Goleman talks about the theme of EQ to help inspire viewers to think about the society we've created, what influences one's perspective, and how you can do better.

https://www.ted.com/talks/daniel_goleman_on_compassion

You Aren't at the Mercy Of Your Emotions – Your Brain Creates Them by Lisa Feldman Barrett – For 25 years, psychology professor

Lisa Feldman Barret has mapped facial expressions, scanned brains, and analyzed hundreds of physiology studies to understand what emotions really are. In her TED talk she shares the results of her research and explains how we have more control over our emotions than we think.

https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them

Videos on Emotional Intelligence

Oprah's SuperSoul Conversations – Daniel Goleman: Emotional Intelligence 101 – Daniel Goleman discusses his ground-breaking research on emotional intelligence and explains how we can manage and enhance our emotions to expand the capacity of our brain. <https://www.youtube.com/watch?v=cLWzrlMSch8>

Emotional Intelligence: From Theory to Everyday Practice – a video discussing why what we do with our emotions is important. When perceived accurately and regulated, emotions can help us to focus on important tasks, make effective decisions, enjoy healthy relationships, and better manage life's ups and downs. <https://www.youtube.com/watch?v=e8JMWtwdLQ4>

10 Ways to Build Emotional Intelligence – a detailed video talking about Daniel Goleman's best-selling book on emotional intelligence and the 10 best ways to build your emotional intelligence. https://www.youtube.com/watch?v=7BBDj4_YfkQ

Emotional Intelligence Predicts Success: Do You Have It? – a video discussing how emotional intelligence is quickly becoming the biggest differentiator between average and exceptional leaders and professionals and shows you how to determine if you have low or high emotional intelligence. <https://www.youtube.com/watch?v=JOyG7CSvIJg>

Courses on Emotional Intelligence

Inspiring Leadership through Emotional Intelligence – an online program that will help you reverse the harm of chronic stress and learn how to refresh your body and mind by creating good relationships.

https://www.coursera.org/learn/emotional-intelligence-leadership?ranMID=40328&ranEAID=vedj0cWlu2Y&ranSiteID=vedj0cWlu2Y-Omep87lEXmQtsRCitKH_Wg&siteID=vedj0cWlu2Y-Omep87lEXmQtsRCitKH_Wg&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=vedj0cWlu2Y

Understanding and Developing Emotional Intelligence – Learn how to understand and apply the principles of emotional intelligence in both your personal and professional life.

<https://www.udemy.com/developing-emotional-intelligence/>

Masterclass: Introduction to Emotional Intelligence – learn how your emotions influence how you perform, build relationships, and make good quality decisions.

<https://www.udemy.com/introduction-to-emotional-intelligence/>