

1. Record Nr.	UNINA9910143674303321
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Titolo	Applied EI [[electronic resource]] : the importance of attitudes in developing emotional intelligence / / Tim Sparrow and Amanda Knight
Pubbl/distr/stampa	Chichester, West Sussex, England ; ; San Francisco, CA, : Jossey-Bass, c2006
ISBN	0-470-68751-7 1-119-20897-1 1-280-64889-9 9786610648894 0-470-03484-X
Descrizione fisica	1 online resource (330 p.)
Altri autori (Persone)	KnightAmanda <1964->
Disciplina	658.382 658.4092
Soggetti	Employees - Coaching of Emotional intelligence - Study and teaching Attitude (Psychology) Adaptability (Psychology) Management - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [299]) and index.
Nota di contenuto	Cover; Contents; Who this book is for; Introduction; Acknowledgements; 1: Why EI now?; 2: IQ and EI; 3: What is Applied EI?; 4: The vital importance of attitude; 5: Optimising personal performance; 6: Measuring our personal EI; 7: Kind regards; 8: Facilitating EI development 1 - "Meeting"; 9: Body awareness; 10: Facilitating EI development 2 - "Being with"; 11: Managing oneself; 12: The art of relationship management; 13: Knowing oneself; 14: The emotionally intelligent organisation; 15: EI in leadership; 16: EI for teams; 17: Assessing EI; 18: The EI practitioner Appendix: Contact informationThe CAEI; The CAEI's strategic partners; Further reading; Index

A decade on from its birth, emotional intelligence is attracting more attention than ever before. Why? Because of its proven connection to performance. Tomorrow's leaders will have to be facilitators who work collaboratively to help others develop their potential, and this will require emotionally intelligent skills and attitudes. Against this landscape, Applied EI provides the tools and advice needed to develop and manage a relationship with yourself and create positive relationships with others - the twin cornerstones of emotional intelligence. We're all capable of acting with emotional in
