

1. Record Nr.	UNINA9910784539503321
Autore	Lynn Adele B
Titolo	Quick emotional intelligence activities for busy managers [[electronic resource]] : 50 team exercises that get results in just 15 minutes // Adele B. Lynn
Pubbl/distr/stampa	New York, : AMACOM / American Management Association, c2007
ISBN	1-281-12661-6 9786611126612 0-8144-2994-7
Descrizione fisica	1 online resource (209 p.)
Disciplina	658.4/022019
Soggetti	Teams in the workplace Emotional intelligence
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. 189-190) and index.
Nota di contenuto	Cover; Title Page; Copyright Page; Table of Contents; Acknowledgments; Introduction; Chapter 1: A Guide to the 50 Activities; Chapter 2: What you'll See for Each Activity; Level of Risk; Purpose; Why is this Important?; When to use this Activity; Set the Stage; Materials; The Activity; Key Questions; A Word of Caution; Variation; Ask for Commitment; Chapter 3: How to use this Book; Before the Activity; During the Activity; After the Activity; Chapter 4: For the Leader; Your Mindset/Role Model; Learn More; Reinforce Behaviors; Timing and Readiness; As Your Team Develops; What If . . . Conclusion Chapter 5: The Activities; EQ 1: Mood Check; EQ 2: I can Top That; EQ 3: Lead Balloons; EQ 4: When Things Go Wrong-Our Team M.O.; EQ 5: Helium Balloons; EQ 6: Hair Triggers or Hot Buttons; EQ 7: Spirit Killers; EQ 8: UP; EQ 9: Strung Tight-Understanding M.O.s during High Stress; EQ 10: Team Trophies; EQ 11: Thank you for the Gifts; EQ 12: Who Said That?; EQ 13: Choir Director; EQ 14: Five Team Strengths-A 360 Assessment; EQ 15: Five Team Weaknesses-A 360 Assessment; EQ 16: Speak Up; EQ 17: Keep your Eye on the Eye; EQ 18: My Dirty Dozen; EQ 19: Search Warrants for the Dirty Dozen EQ 20: PFAT Self-Scan EQ 21: PFAT Group Scan; EQ 22: People and Perceptions; EQ 23: Tuning In; EQ 24: But I didn't Mean...; EQ 25:

Trading Spaces; EQ 26: What Else?; EQ 27: Channel Surfing; EQ 28: Voices in Harmony; EQ 29: Color My World; EQ 30: And Now a Word from Our Sponsor; EQ 31: Emotional Trophies; EQ 32: Secret Admirer; EQ 33: Accomplishments Flower Garden; EQ 34: Profiles in Respect; EQ 35: Perfect Team; EQ 36: Gut Check; EQ 37: Timed Reflection; EQ 38: Best Failure; EQ 39: First Impression; EQ 40: I Think; I Feel; EQ 41: Cartoon Characters; EQ 42: Throwing Rocks
EQ 43: The Pause Button EQ 44: The Pause Elf; EQ 45: Best Practices; EQ 46: Heroes; EQ 47: It's in the Air; EQ 48: My Mantra; EQ 49: Flying Values; EQ 50: What's Different?; Recommended Resources; Index; About the Author

Sommario/riassunto

""In a team situation, many issues -- like lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact the rest of the team -- can stop even the most promising groups from delivering great results. This simple, easy-to-use book gives managers, supervisors, and team leaders activities to help their teams overcome emotional obstacles and become more effective. Readers will find powerful, proven exercises they can use to help employees:
