



The Seven Irrefutable Laws of Emotional Intelligence: A Proven Emotional Intelligence Training to Overcome Fears, Change Behaviors, Be Successful and Happy (Emotional Intelligence Series) (Volume 1)

Emilia M. Ludovino

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Everything started with Daniel Goleman's book "Emotional Intelligence – Why it can matter more than IQ". Now, I felt inspired and confident to put on paper a proven emotional intelligence training that helps you see your blind spots, stop the autopilot, change behaviors, use your emotional intelligence in the workplace and private life and be happy. And because every training begins with an assessment – we'll start this emotional intelligence training with a free quick emotional intelligence test/quiz. On this emotional intelligence quick book we will address: The Ethics of Emotional Intelligence Difference between Emotions, Feelings, and Moods Law of Emotional Awareness: What it is, the blind spots one has by lacking this skill. The core skills of self-awareness (self-awareness, self-assessment, confidence) and how to enhance them Law of Emotional Self-Expression: What is it, the misunderstandings that arise from the lack of proper self-expression the core skills of self-expression (Expressing Positive and Negative Feelings) hands-on exercises to enhance the core skills. Law of Emotional Self-Management and Emotional Resilience; what it is, the stress and misery that arise by the lacking of this skill. The core skills of self-management: (self-control, trustworthiness, conscientiousness, adaptability, achievement orientation, initiative. And the Five Pillars of Emotional Resilience (ability to stay calm, create positive emotions daily, self-compassion, gratitude. Law of Reasoning with Emotional Data: what it is, the bad decision that arises by lacking this skill benefits of having it and the core skill Law of Social Awareness: what it is, the problems that arise by not reading others well, benefits of developing it. The core skills: Empathy, Organizational Awareness, Service Orientation. Law of Social Skills (management of others' emotions), the miserable relationships, engagement, and teamwork by lacking social skills. The benefits of enhancing the skill The core skills of managing others' emotions: Influence, Leadership, Developing Others, Communication, Change Catalyst, Conflict Management, Building Bonds, Teamwork, and Collaboration. Law of Emotional Self-Control: what it is, the loss of respect of others by lacking self-control, benefits, and exercises to enhance it: Deep Breathing, Reflection, Reframing, Rehearsal, Loving Kindness Meditation. And Mindfulness Training to practice throughout the day.

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