



Mind Matters: Applying Emotional Intelligence for Personal and Professional Success

Robert G. Jerus

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A Users Guide to Mental Mastery. Gaining the Emotional Intelligence advantage personally and professionally for satisfaction and success. Mind Matters sets the stage to master the mind for self-awareness, focus, management and performance. Understand and manage thought and emotions to generate high returns on plans and effort. Harness the energy of emotional intelligence to master intrapersonal and interpersonal skills. Connect to develop high value, high quality relationships. Take the EIQ-2 Assessment, to evaluate your emotional intelligence. Mind Matters Topics: • Program your mind for achievement and excellence • Command positive psychology to manage a constructive, powerful perspective on life • Focus dreams and plans on winning • Master intrapersonal and interpersonal soft skills • Be more confident and assertive • Express feelings and thoughts for results • Self-motivate and take initiative • Tap into the Law of Attraction emotionally • Make more friends by being more likable • Resolve conflicts by generating abundance • Gain more influence and become more persuasive • Learn to “read” people and spot lies • Become self-disciplined and controlled • Understand and harness the power of emotions • Empathize to create instant rapport in relationships • Deal with difficult people and challenging situations • Manage anxiety, fear, and worry • Focus on relationships and results

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