



50 Activities for Developing Emotional Intelligence (50 Activities Series)

Adele B. Lynn

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A collection of activities perfect for skill-building on self-awareness and control, empathy, social expertness, personal influence, mastery of vision and more.

Emotional Intelligence explains why, despite equal intellectual capacity, training, or experience, some people excel while others of the same caliber lag behind. Certain competencies are found repeatedly in high performers at all levels, from customer service representatives to CEOs. As trainers we must find ways to build these talents labeled EQ (emotional intelligence quotient). The 50 reproducible activities in this resource book focus on developing the following set of talents: self-awareness and control, empathy, social expertness, personal influence, and mastery of vision.

Selected Contents Emotional Intelligence — What Is It?

A Coach's / Trainer's Guide to Helping Leaders Improve EQ

How to Use This Guide

Guide to the 50 EQ Activities

Suggested Training Formats

Action / Reaction

Visions Apply to People Too

Advice from the Pros

Steps for Growth

More Reflections

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