

# Emotional Intelligence Coaching - , Lisa Spencer-arnell

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Emotional Intelligence Coaching examines how emotions and habits can impact performance. Emotional intelligence can help coaches recognize how attitudes -- both their own and their clients' -- prevent people from reaching their potential and how to replace them with more useful attitudes, feelings and thoughts. The authors present the various models and tools that coaches can use to help them become more emotionally intelligent when coaching. This book explains the basic principles of emotional intelligence and how these relate to coaching for performance. It includes practical activities for coaching, as well as interviews with coaches who use emotional intelligence as part of their coaching strategy. Author: Neale, Steve Author: Spencer-Arnell, Lisa Author: Wilson, Liz Publisher: Kogan Page Illustration: N Language: ENG Title: Emotional Intelligence Coaching Pages: 00240 (Encrypted EPUB) / 00240 (Encrypted PDF) On Sale: 2011-10-28 SKU-13/ISBN: 9780749463564 Lib Category: Performance - Psychological aspects Lib Category: Employees - Coaching of Category: Business & Economics : Project Management

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