



# Emotional Intelligence in Action: Training and Coaching Activities for Leaders, Managers, and Teams

*Marcia Hughes, James Bradford Terrell*

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The importance of emotional intelligence as a critical factor in personal and business success is now well established. *Emotional Intelligence in Action, Second Edition* shows how to tap the power of EI to build effective emotional skills and create real change for leaders and teams.

This book breaks new ground in providing a cross-reference matrix that maps sixty-five exercises to four leading emotional intelligence models – the EQ-I 2.0 or EQ360, TESI and TESI Short, the MSCEIT, and EISA – making it easy to use with all the models.

Revised to respond to the significant changes in EQI-2.0 and to add two new instruments, TESI and EISA, this *Second Edition* now offers in-depth coverage of such emerging topics as emotional expression, as well as twenty new exercises, accompanied by reproducible handouts for your participants.

Ideal for both individual or team coaching or as part of a wider leadership and management development program, *Emotional Intelligence in Action, Second Edition* provides highly-effective experiential learning, drawn from real life, that will help you enhance emotional intelligence competencies in every organization.



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