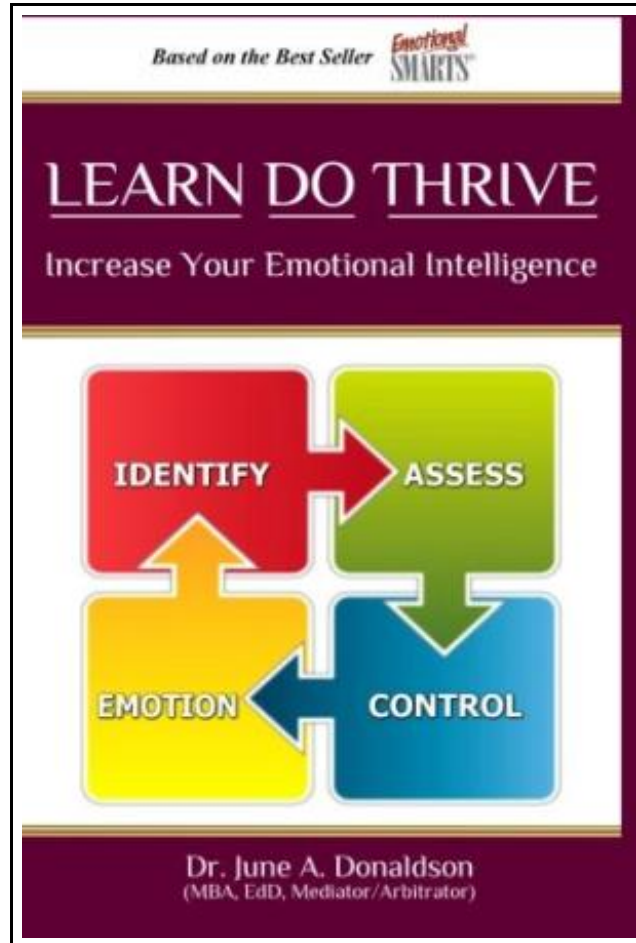


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Emotional Intelligence, or as Dr. June Donaldson has trademarked it, "Emotional SMARTS®", is foundational to your well-being if you want to enjoy quality life experiences, satisfying work scenarios and rewarding relationships. Being emotionally smart is all about how you apply your knowledge, wisdom, or "smarts" to managing your emotions and that is sometimes easier said than done! Many people don't give their emotional wellness, their Emotional SMARTS®, a second thought when life is nice and normal and people are pleasant and predictable. However, when life does a "runaway" on them and they face workplace, relationship, home life, health, or financial set-backs, the model, tips and tools in this book can provide a track to run. That's important because when the going gets tough, it's paramount people know how to be grounded, centered and focused so they can deal with what's coming at them. The more you know about how to demonstrate your Emotional SMARTS®, the greater potential for you to receive the best results possible for your time, money, energy, resources and talent. When you know how to self-manage and self-project (particularly during stressful or challenging times); behave appropriately with culturally and demographically different people; connect and communicate well with others; and make decisions that stand the test of time and scrutiny, you'll have a significant edge in how you are perceived by others. Whether you are in the workplace, volunteering, sports arena, or home front, your Emotional SMARTS® are critical if you are to lead with courage and vision; work productively and positively in groups or teams; manage the very normal, human reactions we all have to change; identify, address and resiliently recover from conflict. The above skills are...



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