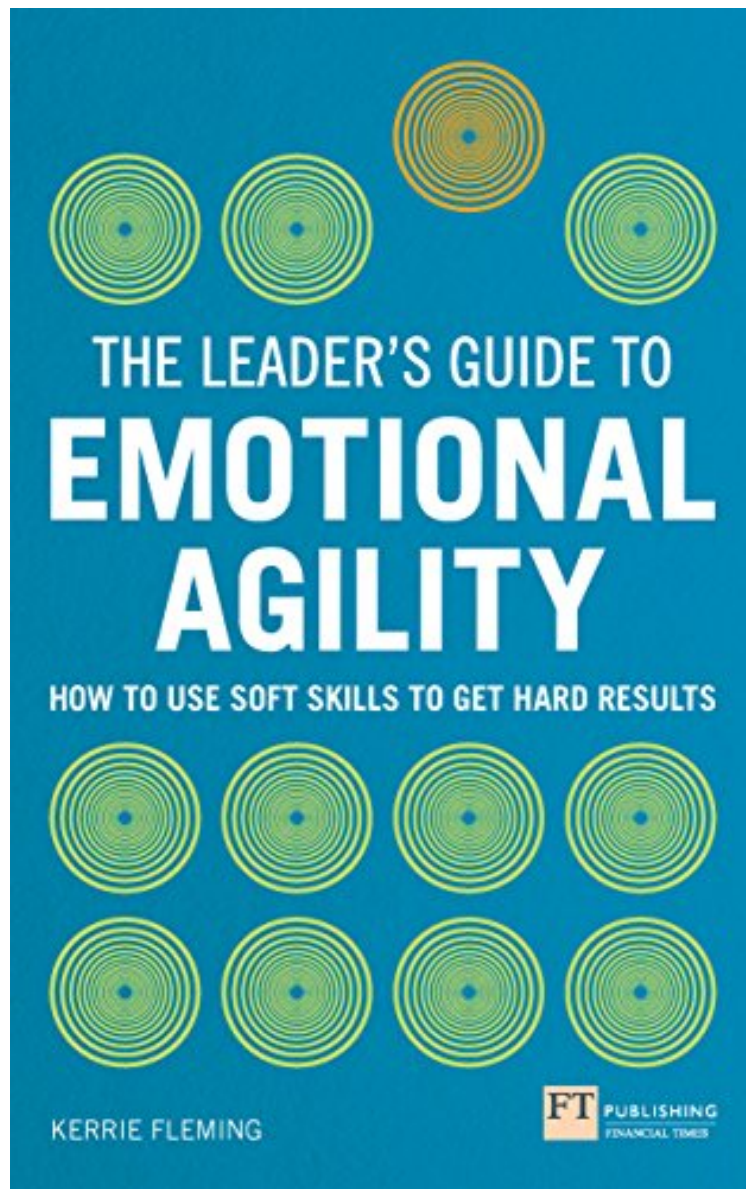


[Get free] The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results

The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results

Kerrie Fleming

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Kerrie Fleming : The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results before purchasing it in order to gage whether or not it would be worth my time, and all praised The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results:

4 of 4 people found the following review helpful. Highly recommended for anyone interested in personal or professional development
By Marty Kelly
This is an immensely practical book and not just relevant to people in business or management positions. The title intrigued me (given I lean for a lot of personal and professional development content) and I found it immensely pragmatic and relevant. With a practical and relatable step by step guide the author shows you how to increase your emotional agility, rather than just explaining what emotional agility is. As a corporate people manager who understands the value and contribution of emotions (my own and my teams) I enjoyed the book's relative simplicity and how the themes were boiled down into manageable chunks. The author uses excellent anecdotes to illustrate various models and concepts, and the book is filled with strategies for developing and refining my emotional agility skills on a daily basis. Some areas that I felt were particularly impactful centered around developing my own emotional self awareness, managing difficult personalities and performance appraisals (much of the advice also translated into difficult conversations in my personal life), developing my own leadership brand, and the role of emotional agility in the change management (personal and professional) process. This is a must read if you want to develop your leadership skills, better understand yourself and improve relationships with co-workers, family and friends.
0 of 0 people found the following review helpful. Five Stars
By lillygood3
3 of 4 people found the following review helpful. During the recent January low, faltering for professional inspiration ...
By Customer
During the recent January low, faltering for professional inspiration, I stumbled on *The Leaders Guide to Emotional Agility*. It has successfully helped me transform my professional attitude delivering a new found focus and drive. Thanks for the inspirational insight.

The Leaders Guide to Emotional Agility takes a new approach to emotional intelligence in action and translates it into critical skills that every leader needs to get the most out of themselves and their people. It outlines 8 steps for achieving emotional agility and resilience:
Step 1: Becoming authentic
Step 2: Becoming self-aware
Step 3: Becoming aware of others
Step 4: Using the emotions
Step 5: Understanding the emotions
Step 6: Managing your own emotions
Step 7: Managing the emotions of others
Step 8: Mindfulness for leaders
The chapters, underpinned with scientific research, offer real-life illustrations from leaders facing real challenges and triumphs, as well as exercises, case studies, tips and strategies to put these steps into action. It also includes a self-assessment at the start of the book to help you find out how emotionally agile you already are. This straight-talking guide is the ultimate guide for busy managers wanting hard advice on how to deal with the softer side of business life.

From the Back Cover
Emotional agility is one of the most powerful tools in the workplace. Involving everything from a keen self-awareness to understanding the emotions of your team, it is now an essential skill in business. Full of hard advice on how to deal with the emotional side of business life, this is the ultimate guide to becoming a successful leader. You'll learn how to compete in complex environments, increase your emotional resilience and build high-performing teams. **DEVELOP YOUR EMOTIONAL AGILITY AND INCREASE YOUR LEADERSHIP IMPACT.**
About the Author
Dr. Kerrie Fleming is the Director of the Ashridge Leadership Centre and Head of the Leadership and People faculty at Ashridge, specialising in emotional intelligence (EI). Kerrie has designed and delivered customised MBA and open leadership and management development programmes for the Foreign Office, Continental, Abu Dhabi Executive Council, BNP Paribas, Azadea and MUFG.