



Four authors with 120 years of clinical and coaching experience, combined with 20 years of research are focused on the most important competencies you need for effectiveness.

You get:

- Action oriented review of emotional intelligence and learning agility
- 54 competencies complete with a comprehensive look at the competency and action tips, learning activities to facilitate effectiveness.

<p>Preface</p> <p>Part 1: EQ and People Skills Frameworks</p> <p>Chapter 1: Introduction to People Skills and EQ Action Tips</p> <p>Chapter 2: Emotional Intelligence (EQ): Frameworks and Perspectives</p> <p>Chapter 3: Learning to Be Your Emotional Best</p> <p>Chapter 4: Next Steps: Create a Development Plan That Works for You</p> <p>Chapter 5: EQ Competencies: Clusters and Definitions</p> <p>Part 2: 54 EQ Competencies with Action Tips</p> <p>(see list on back)</p>	<p>Part 3: Toolboxes: Applying Emotional Intelligence Competencies</p> <p>Toolbox 1: Fifty-Four Competencies and Definitions</p> <p>Toolbox 2: Career Stallers and Interpersonal Problems</p> <p>Toolbox 3: Life and Work Challenges</p> <p>Toolbox 4: If You Don't Find What You Are Looking For, Look Here</p> <p>Toolbox 5: EQ and Other Assessment Linkages</p> <p>Toolbox 6: The Competencies Most in Need of Development for the 16 Personality Types</p> <p>Toolbox 7: Goal Planning Form</p> <p>Index</p>
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Part 2: EQ Competencies with Action Tips

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