



Coaching Emotional Intelligence (EQ) at Work: Control People and Handle Difficult Situations

Dianne Kane

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Today, Emotional Intelligence (EQ) is considered as important as Intelligence Quotient (IQ). That is because we now know that emotions impact our lives as much as intelligence. Emotional Intelligence at Work is a practical guide that gives you an insight into the ways in which emotions impact us, what can we do to control them, and how we can use emotional intelligence at work to develop awesome relationships at the workplace and beyond. As we judge things using both our intelligence and our emotions, Emotional Intelligence at work becomes gravely important for having successful and happy work relationships. The best part is that Emotional Intelligence at work can be developed with little practice.

Dealing with difficult people at work is a major cause of stress for working people. A bad word, a rude gesture or coldness of colleagues can upset you and build negative feelings inside you. To overcome the hurt and not allow others' behavior to upset you, you can practice emotional intelligence at work to counter the stress and anger. As you develop your emotional intelligence at work, you will begin to control your stress levels by altering your and others' thoughts and behavior. The understanding of emotions will allow you to hold back your reactions so that you respond to difficult people, and not react. To help you to develop your EQ, Emotional Intelligence at Work provides you with:

- Self-Evaluations
- Exercises
- Tips and techniques
- Diagrams for easy understanding of concepts

A person with a developed EQ will not get angry at others or react instinctively because he will be aware of his own emotions even before they are felt. This knowledge comes through practice and understanding, and that is what Coaching Emotional Intelligence at Work is all about. A person with a strong emotional intelligence is able to:

- Manage people effectively
- Understand intentions
- Make more correct decisions
- Handle difficult behaviors, and
- Build great relationships with others.

Do not allow yourself to suffer from bad relationships at work. Spend a little time in building your Emotional Intelligence and live a more controlled and fulfilling professional and personal life.

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