

Emotional Intelligence Skills Assessment (EISA) Participant Workbook

By Steven J. Stein, Derek Mann, Peter Papadogiannis, Wendy Gordon

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Your Personal Guide to Understanding and Increasing Your Emotional Intelligence

This hands-on workbook is your companion to the dynamic Emotional Intelligence Skills Assessment (EISA) workshop in which you will be given the opportunity to measure your skills in five key areas—Perceiving, Managing, Decision Making, Achieving, and Influencing. These are the key areas that most influence personal performance.

Once you have completed the 50-item self and 360° assessments, the EISA workbook will help you better understand how emotional and social skills impact your performance and how you can strengthen your effectiveness by using these skills successfully. The EISA participant workbook will also help you:

- Discover the major components of emotional intelligence
- Recognize the behaviors and characteristics of an emotionally intelligent person
- Identify areas where you can apply emotional intelligence
- Evaluate your own emotional strengths and opportunities for growth
- Generate action steps for improving your emotional and social abilities that will lead to success

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emotional intelligence skills assessment

[Participant Workbook]

Steven J. Stein

Derek Mann

Peter Papadogiannis

Wendy Gordon

A Personal Guide to Understanding and Increasing Your Emotional Intelligence

This hands-on workbook is your companion to the dynamic Emotional Intelligence Skills Assessment (EISA) workshop. Increased understanding, both of yourself and others, is scientifically proven to help improve overall performance. This workbook will help you better understand how emotional and social skills impact your performance, and how you can strengthen your effectiveness by using these skills successfully. EISA will help you:

- Discover the major components of emotional intelligence
- Recognize the behaviors and characteristics of an emotionally intelligent person
- Identify areas where you can apply emotional intelligence
- Evaluate your own emotional strengths and opportunities for growth
- Generate action steps for improving your emotional and social abilities that will lead to success

Even after the workshop ends, this workbook will serve as your personal resource for your ongoing EI development.

EISA is also online! Visit http://www.Pfeiffer.com/go/eisa for more information.

About the Author

Steven J. Stein is a clinical psychologist and the founder and CEO of Multi-Health Systems Inc. He is the author of Make Your Workplace Great and Emotional Intelligence for Dummies, and coauthor of The EQ Edge.

Derek T.Y. Mann is a senior research associate at Multi-Health Systems Inc. and a performance enhancement consultant.

Peter Papadogiannis is a senior research associate and trainer liaison at Multi-Health Systems Inc.

Wendy Gordon is an information specialist and developer of emotional intelligence tools and supporting materials for Multi-Health Systems Inc.

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