

Inclusion

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RESOURCE GUIDE

EMOTIONAL INTELLIGENCE

Books

[Emotional Intelligence: Why It Can Matter More Than IQ](#)

by Daniel Goleman, 2006

Goleman explores the five crucial areas of emotional intelligence, discussing ways in which people can improve their emotional literacy.

[Emotional Intelligence 2.0](#)

by Dr. Travis Bradberry and Dr. Jean Greaves, 2009

This book provides a definition and framework for thinking about emotional intelligence, a quantitative tool to measure your emotional intelligence quotient (EQ), and 66 specific, practical steps you can take to improve your EQ.

[Diversity Intelligence](#)

by Claretha Hughes, 2016

This book analyzes the importance of integrating Diversity Intelligence alongside Intellectual, Emotional, and Cultural Intelligence for leadership and career development.

[Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life](#)

by Susan David, 2016

Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind.

[The Emotionally Intelligent Manager: How to Develop and Use the Four Key Emotional Skills of Leadership](#)

by David Caruso and Peter Salovey, 2004

Caruso and Salovey detail a practical 4-part hierarchy of emotional skills: identifying emotions, using emotions – and show how we can measure, learn and develop each skill and employ them in an integrated way.

[Radical Candor](#)

by Kim Malone Scott, 2017

Radical Candor is a crash course on how to be a great manager. In it, former Google leader Kim Scott shares her philosophy about how to be an empathetic and results-oriented leader.



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Books

[Emotional Intelligence for the Modern Leader: A Guide to Cultivating Effective Leadership and Organizations](#)

by Christopher D. Connors, 2020

Connor's book helps burgeoning leaders understand the critical importance that emotional intelligence plays in leading others.

[Leadership: The Power of Emotional Intelligence](#)

by Daniel Goleman, 2011

The collection makes available Goleman's most sought-after writings in one single volume, including: Managing with Heart, What Makes a Leader, Leadership That Gets Results, The Group IQ, Primal Leadership, The Social Brain, The Sweet Spot for Achievement, Developing Emotional Intelligence.

Podcasts

[Emotions Mentor podcast](#)

Success in life is determined by how well we regulate and manage our emotions. Science has shown us that our Emotional Intelligence (EI) is a higher indicator of success than our IQ. Join Rebecca and other mental health experts as they talk about how you can manage your emotions, improve your mental health and become more successful in your life.

[The Overwhelmed Brain - Podcast](#)

Live authentically and strengthen your emotional intelligence to avoid emotional abuse. Get to the root of emotional issues with solid relationship advice and personal help. If affirmations don't work and you are tired of being told to 'think positively!', start listening to this show for a better life.

[IQ Meets EQ Podcast](#)

The podcast is presented by Legally Wise Women. The podcast advocates that learning and increasing emotional intelligence is an important determinate of life success.

[Dazzle's Pod](#)

Heroes have fallen for lack of Emotional Intelligence. Get better at relating with yourself and the people around you. On this podcast, I take you through the realities of Emotional Intelligence.

[The Emotional Intelligence Channel](#)

The Emotional Intelligence Channel focuses on helping you learn more about Emotional Intelligence and how to use emotional intelligence skills, tools, and techniques within your organization to boost personal and team effectiveness.



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Podcasts

[Brene Brown Unlocking Us Episode on Emotional Literacy](#)

Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.

[First Person Plural: EI & Beyond](#)

Daniel Goleman's new podcast, in which he explores his most recent thoughts on emotional intelligence, the neuroscience behind it, how the burgeoning mindfulness movement relates, and how EI can drive the social changes we need.

Videos

[Daniel Goleman Introduces Emotional Intelligence | Big Think](#)

Emotional intelligence is a range of abilities, self-awareness, emotional self-management, empathy, social skills. Women tend to be better than men on average at empathy, particularly emotional empathy, sensing in the moment how the other person is feeling and also, at social skills, at keeping things feeling good between people in a group. Men, on the other hand, tend to be better on average at self-confidence, particularly in groups, and at managing distressing emotions.

[Developing Emotional Intelligence](#)

This video takes you through the steps you can take to develop your emotional intelligence. Get to know yourself, Learn your triggers. Empathize, ask open questions and actively listen, own your emotions and Go with your gut.

[6 Steps to Improve Your Emotional Intelligence | Ramona Hacker](#)

Sometimes emotions don't make sense, and sometimes being emotional doesn't mean you're emotionally intelligent. Growing up, rationality often came before emotions for Ramona, but as she grew older and realized that she had never actively learned how to deal with her emotions and that she wasn't the only one who lacked this skill, she knew she had to change something. In her talk, Ramona guides us through her experiences and shows us 6 steps to become more emotionally intelligent.

[The 7 Habits of Highly Effective People by Stephen R. Covey](#)

The 7 habits of highly effective people takes an inside out approach – it focuses on the character ethic rather than the personality ethic. 1 - be proactive 2 - begin with the end in mind 3 - put first things first 4 - think win-win 5 - seek first to understand then to be understood 6 - synergy 7 - sharpen the saw.



Articles

[Emotional Intelligence](#)

By Travis Bradberry, 2014

Bestselling coauthor of Emotional Intelligence 2.0, breaks down what emotional intelligence is and why it's so important.

[How to Improve Emotional Intelligence in the Workplace](#)

By Courtney E. Ackerman, 2021

Ackerman defines emotional intelligence in the context of the workplace, describes its components, explores its correlates in the workplace, and looks at how to improve it for both individual employees (including yourself) and the organization as a whole.

[How Leaders can Develop their Emotional Intelligence](#)

By Marguerite Ward, 2021

Employees and customers are demanding action when it comes to racial equity in the workplace. As a result, more leaders will be judged emotional intelligence.

[Why Emotional Intelligence is Essential for a Truly Diverse Workforce](#)

By Cherie Curtis, 2020

A company's culture is a manifestation of its employees' attitudes, behaviors and interactions, and EI is what allows all of these elements to come together in a healthy and productive way.

*Harvard Business Review articles may require a paid subscription to access.

[Primal Leadership: The Hidden Driver of Great Performance*](#)

By Daniel Goleman, Richard E. Boyatzis, & Annie McKee

We've known for years that emotional intelligence improves results, often by an order of magnitude. Now, new research shows that a leader's mood plays a key role in that dynamic—a discovery that should redefine what leaders do first and best.

[Emotional Agility*](#)

By Susan David & Christina Congleton

The prevailing wisdom says that negative thoughts and feelings have no place at the office. But all healthy human beings have an inner stream of thoughts and feelings that include criticism, doubt, and fear. The authors offer four practices (adapted from Acceptance and Commitment Therapy, or ACT) designed to help readers do the same.

[Emotional Intelligence has 12 elements. Which do you need to work on?*](#)

By Daniel Goleman & Richard E. Boyatzis

Although there are many models of emotional intelligence, they are often lumped together as "EQ" in the popular vernacular. An alternative term is "EI," which comprises four domains: self-awareness, self-management, social awareness, and relationship management.



Websites

[6seconds: The Emotional Intelligence Network](#)

6seconds is supporting everyone to grow and practice emotional intelligence by providing numerous articles and videos to reference, tools to apply, and courses to take to get EQ certified.

[Society of Emotional Intelligence](#)

SoEI is a professional membership organization supporting those with an interest in and furthering the application of emotional intelligence in their daily lives. SoEI also offers education and training is dedicated to providing one-on-one coaching programs to increase ones emotional intelligence in everyday life. SoEI is dedicated to increasing the effectiveness of individuals and organizations through the recognition, training and development of emotional intelligence.

[Business Insider: IQ to EQ & Positive Psychology](#)

Both of these websites have dedicated spaces with resources on emotional intelligence. Within some of the articles, you'll find TED talks, EQ activities, tests and assessments. Each updates their resources regularly.

Guides & Toolkits

[HelpGuide - Emotional Intelligence Toolkit](#)

By HelpGuide.org

The toolkit is based on the recent transformations that have taken place in the field of psychology. Emotion is now at the heart of clinical theory and is seen as the foundation to psychological change. As you develop the capacity to better recognize and understand your own emotions, you'll find it easier to appreciate how others are feeling, improving how you communicate and helping your personal and professional relationships to flourish.

[Emotional Intelligence Toolkit](#)

By the LLR Academy

Daniel Goleman's model of Emotional Intelligence (EQ) focuses on five key characteristics: Self- awareness, Managing Emotions, Motivation, Empathy and Social Skills. This toolkit includes a self-assessment questionnaire.



Guides & Toolkits

[EQ Europe](#)

Leading company in Europe offering EQ training and certification as well as lots of resources and insights.

[EQ ASIA](#)

EQASIA is dedicated to teaching Emotional Intelligence (EQ) in an engaging and thought-provoking way, blending fun and learning processes that translate into positive shifts and breakthrough results.

[Emotional Intelligence - Digital Report](#)

By Capgemini

Concepts of EIQ applied to hiring, training, and leading across a multigenerational workforce in the digital era.

[Clearer Thinking](#)

While not strictly related to EI, this site offers plenty of training and tests for self-assessment that can help us deep dive in our values, emotions, drivers for a self-discovery journey.

[Emotional Intelligence at Work](#)

By OPRA Consulting Group

A slideshow introducing Emotional Intelligence as an asset for effective leaders, including research data as well insights on main EQ areas.

[12-Leadership-Competency-Primers](#)

By Daniel Goleman and other authors

This collection includes all 12 of the primers in this series, one for each Emotional and Social Intelligence (ESI) competency, written by a uniquely qualified group of thought leaders, researchers, and experts on each of the topics covered. This is for purchase.

Three short online tests to assess your EQ:

- [Global Leadership Foundation](#)
- [Mindtools](#)
- [Greater Good](#)

