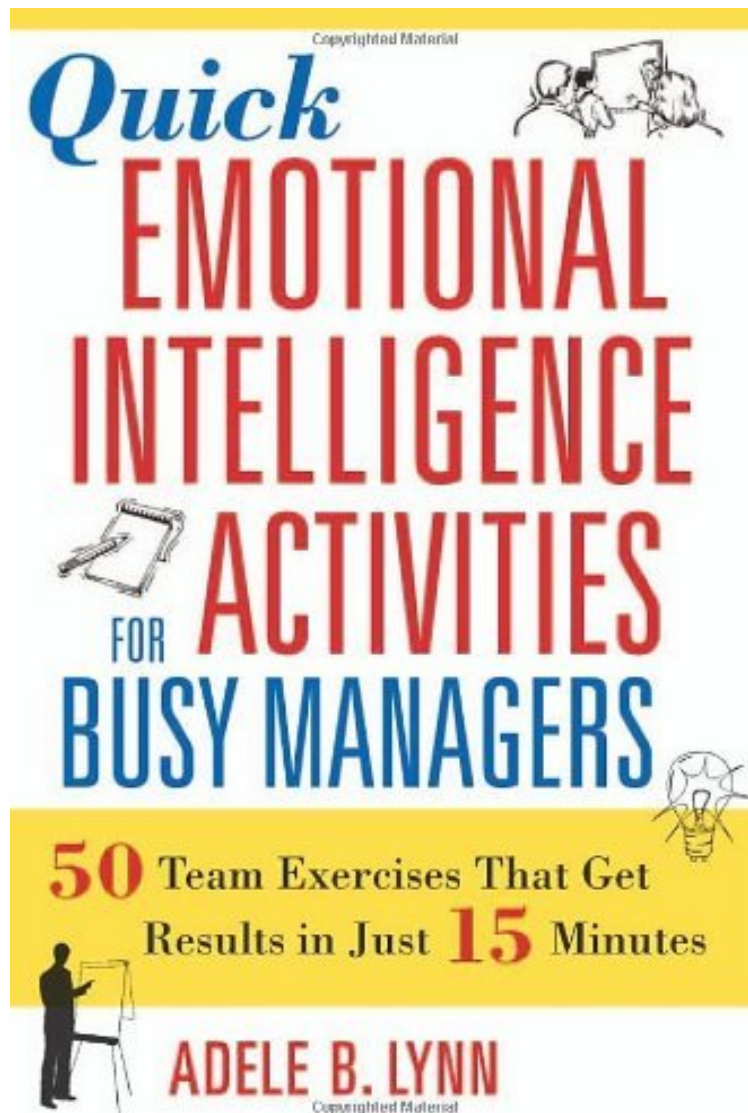


(Mobile pdf) Quick Emotional Intelligence Activities for Busy Managers: 50 Team Exercises That Get Results in Just 15 Minutes

## Quick Emotional Intelligence Activities for Busy Managers: 50 Team Exercises That Get Results in Just 15 Minutes

Adele B. Lynn

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Great resource for (HR) professionals involved in Organizational Development. In this book basic facilitation principles are explained, followed by an abundance of exercises which are rated low-high risk. This allows the reader to select an activity appropriate for their level of experience in facilitating and dealing with group dynamics  
0 of 0 people found the following review helpful. Very useful activities. Some were bit unimpressive if you ask ...  
By Kindle Customer  
Was able to use the material in this book to assist in the develop of an EI module at work! Very useful activities. Some were bit unimpressive if you ask me but for the most part excellent resource.

"In a team situation, many issues -- like lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact the rest of the team -- can stop even the most promising groups from delivering great results. This simple, easy-to-use book gives managers, supervisors, and team leaders activities to help their teams overcome emotional obstacles and become more effective. Readers will find powerful, proven exercises they can use to help employees:  
\* identify individual and team mood  
\* deal with anger and emotional triggers  
\* avert, rather than avoid, conflict  
\* encourage communication  
\* overcome fear and other obstacles  
\* understand and manage competition  
\* honor differences  
\* assess team strengths and weaknesses  
\* pick up on cues from teammates  
\* control the emotional climate of the team  
Each activity is followed by a discussion of its purpose, how to use it, and a list of post-activity questions to help solidify each lesson. This practical, effective collection of proven exercises will elicit the best from any team."

From the Back Cover  
If you're managing a team, you know that emotional issues—such as lack of trust and commitment, unresolved conflicts, and the inability of individuals to understand how their actions impact others—can stop even the most promising groups from delivering great results. This book gives you powerful, proven exercises you can use to help you and your team:  
Identify individual and team mood  
deal with anger and emotional triggers  
avert, rather than avoid, conflict  
encourage communication  
overcome fear and other obstacles  
understand and manage competition  
honor differences  
assess team strengths and weaknesses  
pick up on cues from teammates  
control the emotional climate of the team.  
The book follows each activity with a discussion of its purpose, how to use it, and a list of post-activity questions to help solidify each lesson. Simple and easy-to-use, *Quick Emotional Intelligence Activities for Busy Managers* gives you the tools you need to get fast, powerful results from any team.  
At last, a handbook for managers that will help bring important topics to the table for discussion to improve teamwork. Adele Lynn has included short ingeniously designed activities that get results quickly and improve the emotional intelligence of any team.  
—Bob Wall, author, *Coaching for Emotional Intelligence*  
Adele Lynn has written an amazingly accessible resource book to increase teamwork and leader effectiveness through emotional intelligence exercises. A can-do companion to her *The EQ Difference*, this work gives us a precise step-by-step protocol so leaders and facilitators can deploy 50 creative and awareness-producing activities. I am already referring to her highly useful *Family of Emotions*. The consideration she shows for the learner is a model for everyone who leads, educates, or trains—or (like 3 billion of us) struggles with our feelings.  
—Gus Lee, author, *Courage: The Backbone of Leadership and China Boy*  
The perfect EQ toolbox to develop and maintain a healthy corporate culture.  
—John Dickson, CEO, and the entire Redstone Presbyterian Care Executive Staff  
Adele's book offers practical guidance to help us translate EQ theory into behaviors designed to improve our organization's performance.  
—Vin Cerasuolo, CEO, Century Heritage FCU  
Lack of teamwork can stall many important initiatives. If you've got key teams, projects, and organizational initiatives that require teamwork or working across organizational boundaries, this book is for you.  
—William C. Byham, Ph.D., Chairman and Chief Executive Officer, Development Dimensions International (DDI)  
Adele B. Lynn is the founder of Lynn Learning Labs, which consults with companies throughout the world. She is a frequent guest on radio talk shows, and a member of the National Speakers Association. Her previous books include *The Emotional Intelligence Activity Book* and *The EQ Difference*.  
About the Author  
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