

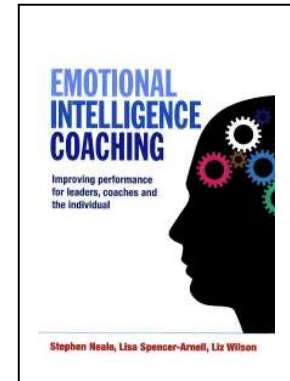
Emotional Intelligence Coaching

Improving performance for leaders, coaches and the individual

Stephen Neale, Lisa Spencer-Arnell and Liz Wilson

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A large amount of energy goes into hiding emotion, especially in the workplace, and yet this provides the real, powerful essence of who we are and what we achieve in life.

Emotional Intelligence Coaching examines the vital role emotions and habits play in performance. Emotional intelligence can help leaders and coaches recognise how attitudes – both their own and those of the people they coach – prevent individuals from reaching their potential. Replacing these with more useful attitudes feeling and thoughts can provide a powerful means of improving performance.

This book explains the principles of emotional intelligence and how these relate to coaching for performance. It includes practical activities for those seeking to identify and adapt their behaviour in order or achieve more.

Never before have emotional intelligence and coaching been brought together in this way to help you develop your own and other people's performance.

Developing emotional intelligence leads to sustainable behaviour changes that improve the way you manage yourself and the way you work with others. Just some of the advantages of developing emotional intelligence include:

- More productive communication with others'
- Better empathy skills;
- Acting with integrity;
- Improved career prospects;
- Managing change more confidently;
- Feeling confident and positive;
- Reduced stress levels.

Whether you are an HR manager or director, a company leader or manager, a coach, trainer or consultant, or interested in people development and people being the best they can be, then this book is for you.

“This book is a fascinating and essential read for entrepreneurs and business leaders all over the world.”

Jaunius Pusvaskis, Director General, Baltic Management Institute

“Stephen Neale, Lisa Spencer-Arnell, and Liz Wilson have compiled in this volume the missing link between the promise of emotional intelligence and the practical application of the learning. That missing link is the coach approach.”

Dr Patrick Williams, Institute for Life Coach Training

“As well as being a handbook for coaching professionals, it is an insightful guide to developing emotionally intelligent skills and attitudes that can be accessed by anyone.”

Amanda Knight, co-author, Applied EI

“The authors illustrate the points they are making very clearly with numerous examples, short stories and illustrative questions to help aspiring coaches develop their understanding or existing coaches refine their approaches.”

***Sir John Whitmore, Executive Chairman,
Performance Consultants International***

To order this book, go to www.ei-coachtraining.com and follow the link through to Amazon.

About the authors

All three authors are directors of EICT Ltd and qualified coaches and EI practitioners.



Stephen Neale is passionate about helping people develop EI to improve performance. He has taught courses in leadership and team development for more than 3000 senior business people world wide.

Lisa Spencer-Arnell is committed to supporting individuals and teams to be the best they can be. Lisa has trained more than 1000 leaders in coaching skills in the UK, USA and Middle East.



Liz Wilson coaches extensively with clients ranging from teenagers to executives, and delivers workshops and courses on EI, leadership and coaching skills. Liz is passionate about how emotional intelligence and coaching can work together to inspire people to make positive changes.