



The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results

By Kerrie Fleming

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The Leader's Guide to Emotional Agility takes a new approach to emotional intelligence in action and translates it into critical skills that every leader needs to get the most out of themselves and their people.

It outlines 8 steps for achieving emotional agility and resilience:

Step 1: Becoming authentic

Step 2: Becoming self-aware

Step 3: Becoming aware of others

Step 4: Using the emotions

Step 5: Understanding the emotions

Step 6: Managing your own emotions

Step 7: Managing the emotions of others

Step 8: Mindfulness for leaders

The chapters, underpinned with scientific research, offer real-life illustrations from leaders facing real challenges and triumphs, as well as exercises, case studies, tips and strategies to put these steps into action. It also includes a self-

assessment at the start of the book to help you find out how emotionally agile you already are.

This straight-talking guide is the ultimate guide for busy managers wanting hard advice on how to deal with the softer side of business life.

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Editorial Review

From the Back Cover

Emotional agility is one of the most powerful tools in the workplace. Involving everything from a keen self-awareness to understanding the emotions of your team, it is now an essential skill in business.

Full of hard advice on how to deal with the emotional side of business life, this is the ultimate guide to becoming a successful leader. You'll learn how to compete in complex environments, increase your emotional resilience and build high-performing teams.

DEVELOP YOUR EMOTIONAL AGILITY AND INCREASE YOUR LEADERSHIP IMPACT.

About the Author

Dr. Kerrie Fleming is the Director of the Ashridge Leadership Centre and Head of the Leadership and People faculty at Ashridge, specialising in emotional intelligence (EI). Kerrie has designed and delivered customised MBA and open leadership and management development programmes for the Foreign Office, Continental, Abu Dhabi Executive Council, BNP Paribas, Azadea and MUFG.

Users Review

From reader reviews:

Leslie Padilla:

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Larry Mason:

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Albert Hartley:

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