



## **Educating People to Be Emotionally Intelligent**

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# Educating People to Be Emotionally Intelligent

## Educating People to Be Emotionally Intelligent

Daniel Goleman, the literary catalyst for worldwide interest in emotional intelligence, sets the stage for this groundbreaking book in his foreword explaining its landmark importance. People can be educated to be more emotionally intelligent, and this particular type of education takes place through a specific type of parenting at home, formal education at school, and training and coaching at work. As a result of this education, extensively described in this comprehensive book, people's lives can be improved; they can become more effective, productive and content in what they do. Some of the best known researchers, professors and practitioners worldwide team up in this work to recognize and reflect the rapidly growing global interest in scientifically-based applications of emotional intelligence in education, to show readers the diverse applications of EI, and to guide them in applying what is known about this topic. The breadth of coverage, array of experts, international scope and clear, practical tone of this book will appeal to parents, educators, psychologists, counselors, trainers, and corporate coaches, mental health and human resource practitioners and healthcare providers.

Parents and educators need to perform their caregiving roles and teach with emotional intelligence if children are to develop the skills and discernment needed to cope with the complexities of an increasingly globalized world. Workplaces that apply emotional intelligence are more pleasant places in which to work, provide a more fulfilling experience for employees and are, in the end, more productive organizations. Emotional intelligence can be developed by most individuals to increase performance in many areas of life. And a growing body of evidence indicates EI skills may improve physical health, as well as mental health. This book will become a benchmark for future researchers and practitioners.

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