



# Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers

*Reldan Nadler*

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# Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers

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## **Leading with Emotional Intelligence: Hands-On Strategies for Building Confident and Collaborative Star Performers** Reldan Nadler

Everyone agrees that Emotional Intelligence (EI) plays a key role in overall success. But when it comes to putting theory into practice, EI consultant Reldan Nadler, Psy.D., has written the only book on the subject that shows you step-by-step how to:

- INCREASE CONFIDENCE
- IMPROVE TEAMWORK
- ENHANCE COMMUNICATION
- DEVELOP STAR PERFORMANCE
- PROTECT YOUR IQ WITH EI

The more than 100 cutting-edge tools and strategies presented here are used by the most effective leaders in the world. This complete, hands-on action plan has worksheets, exercises, self-quizzes, and much more to show how great leaders put Emotional Intelligence to work.

*"One of the most practical and useful books on the topic that I've seen."* -- David B. Peterson, Ph.D., Senior Vice President, Personnel Decisions International, author of *Leader as Coach* and *Development First*

*"The perfect field guide for leaders who hope to improve their Emotional Intelligence and increase employee engagement, performance, and retention in the process. It is user-friendly and filled with practical tips and tools."* -- Sharon Jordan-Evans, co-author of **Love 'Em or Lose 'Em: Getting Good People to Stay**

*"Provides detailed and easy-to-use practices to make you and your leaders superstars. One of the most valuable leadership books available!"* -- Jeffrey E. Aurbach, Ph.D., President, College of Executive Coaching

*"Open to any page, and you will find a key lesson in leadership."* -- Sylvia K. Leduc, M.Ed., MPEC, leadership specialist

*"Provides the kind of real-world guidance that is so often missing from leadership books. The tools and techniques are immediately applicable."* -- Nick Rothenberg, OD consultant and owner, 2Be, LLC

First introduced 15 years ago, Emotional Intelligence (EI) has been recognized as a far better indicator of success in the workplace than IQ is. But how do you apply the principles of EI in the real world? This book shows you how.

Written by Dr. Reldan Nadler--one of the top corporate experts in EI leadership--this hands-on guide uses case scenarios and step-by-step strategies to provide all the answers you need:

- How do I increase my confidence and EI to become a star player?
- How can I become more effective as a leader?
- How do I develop my people to become our next leaders?
- How can I communicate decisions to become more successful?

- What can I do at my next team meeting to improve morale and performance?

Filled with more than 100 EI tools and techniques, Dr. Nadler's proven program is a must-have resource for CEOs, executives, managers, and team leaders. Organized by key topics--communication, collaboration, confidence, self-control, and developing others--this book offers invaluable quick-reference tips, as well as detailed checklists, worksheets, and action plans. In addition, you'll find fascinating frontline reports of leadership in action: Warren Buffett's vision and leadership of powerful CEOs, Jeff Immelt's staying power at GE, Pete Carroll's optimism at USC, and Meg Whitman's commitment to service at eBay.

This is how successful people put their emotional skills to work. This is how you increase confidence, teamwork, and performance. This is *Leading with Emotional Intelligence*.

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