



30 Minuten Emotionale Intelligenz (German Edition)

Jörg Wurzer

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Haben Sie manchmal auch das Gefühl, dass Sie Ihr Karrierepotenzial noch nicht ausgeschöpft haben? Finden Sie im zwischenmenschlichen Bereich oft nicht die richtigen Töne? Dann ist möglicherweise Ihre emotionale Intelligenz (EQ= Emotional Quality) nicht optimal entwickelt.

Der EQ ist nicht festgelegt, sondern kann trainiert werden. Dieser praxisnahe Ratgeber zeigt Ihnen in fünf Schritten, wie Sie lernen, emotional intelligent zu handeln. Zahlreiche Fallbeispiele erleichtern die Umsetzung im Berufsalltag.

Dieses Buch zeigt Ihnen konkret, wie Sie:

- * Ihre eigenen Gefühle erkennen und akzeptieren
- * Ihr Einfühlungsvermögen verbessern können
- * Mit unterschiedlichen Persönlichkeitstypen am besten umgehen
- * Dauerhafte Beziehungen zu Ihren Mitmenschen aufbauen.

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