



# Emotional Intelligence Coaching: Improving Performance for Leaders, Coaches and the Individual

*Steve Neale, Lisa Spencer-Arnell, Liz Wilson*

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## **Emotional Intelligence Coaching: Improving Performance for Leaders, Coaches and the Individual**

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Emotional Intelligence Coaching examines the vital role emotions and habits play in performance. Emotional intelligence can help leaders and coaches recognize how attitudes - both their own and those of the people they coach - prevent individuals from reaching their potential. Replacing these with more useful feelings 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 to 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.



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