

Promoting Trait Emotional Intelligence in Leadership and Education

Part of the Advances in Educational Marketing, Administration, and Leadership (AEMAL) Book Series

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Description:

Humans have the capacity to detect and experience a wide spectrum of emotions in everyday life. However, the ability to identify and interpret those emotions is not a skill commonly held by all individuals, despite the significance of this skill.

Promoting Trait Emotional Intelligence in Leadership and Education provides the latest information on enabling educators and leaders across industries to monitor the emotions of others as well as their own in order to interact effectively with others. This book focuses on best practices and methods for training those in education and leadership positions.

Readers:

This publication is essential to the research needs of education administrators, professors, managers, and professionals in various disciplines.

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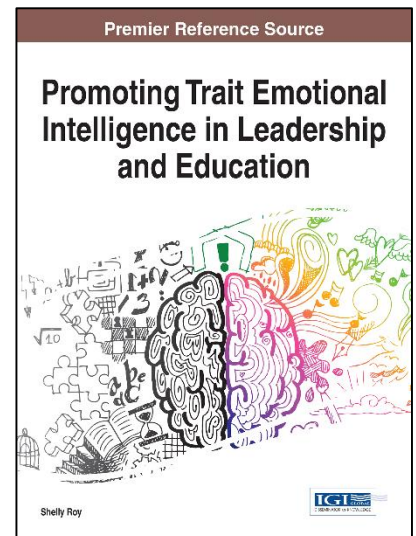
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Topics Covered:

- Adaptability
- Assertiveness
- Emotion Expression
- Emotional Intelligence
- Emotion Perception
- Emotion Regulation
- Self-Esteem
- Self-Motivation
- Social Awareness
- Stress Management
- Trait Empathy
- Trait Happiness
- Trait Optimism



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