

Luckygirliegirl Christina Aldan

Chapter 5 Handouts and Homework

UNIT 5 RESOURCE LIST

- Emotional intelligence 2.0 - www.talentsmart.com/products/emotional-intelligence-2.0
- Consortium for Research on Emotional Intelligence in Organizations – www.eiconsortium.org
- Collaborative for Academic, Social, and Emotional Learning – www.casel.org
- Leading Agile by Dave Prior - Personal Agility Canvas www.leadingagile.com/2015/09/personal-agility-canvas
- The 15 Commitments of Conscious Leadership - www.conscious.is/15-commitments

CREATING CONNECTIONS

When we build bonds with people, we strengthen the relationship. Write down 3 techniques you will use for building bonds with others from now on. For example: ask them about their interests/hobbies/sports team, or give a small, thoughtful token. Another idea is to give someone a personalized gift. Ask curiosity follow-up questions and then listen to understand their answer. Be authentic around them. Praise them publicly when introducing them to someone else. These are all ways to create connection.

1. _____

2. _____

3. _____

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CONGRATULATIONS ON COMPLETING UNIT 5!

HERE ARE MORE WAYS TO IMPROVE YOUR EMOTIONAL INTELLIGENCE SKILLS.

- [Hire me](#) to keynote your next conference, in-house event, or quarterly meeting.
- Visit LuckyAndLeslie.com/webinar-registration to improve communication skills with their monthly virtual “Engaged Leadership Practicum.”
- Check out our non-profit, AveryBurtonFoundation.org, to book Mental Health First Aid training.
- Buy my “Mastering Resilience” book on [Amazon](#) and [Kindle](#).
- [Hire me](#) to facilitate a leadership workshop.

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