



Understanding Emotional Intelligence (Brilliant Business)

Gill Hasson

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Drive your emotions – don't let them drive you!

We all know people who are brilliant at managing their emotions. They never get overwhelmed in difficult situations; they are great decision makers; they know when to use their intuition and they express empathy, compassion and understanding towards other people. But most of all, they are excellent communicators.

Want to be like this? *Understanding Emotional Intelligence* shows you how.

- Understand how emotions work and how to use them effectively
- Know how to build rapport and motivate others
- Influence and persuade; leave a positive, lasting impression

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