



# **The Leader's Guide to Emotional Agility (Emotional Intelligence): How to Use Soft Skills to Get Hard Results**

*Kerrie Fleming*

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The Leader's Guide to Emotional Agility takes a new approach to emotional intelligence in action and translates it into critical skills that every leader needs to get the most out of themselves and their people.

It outlines 8 steps for achieving emotional agility and resilience:

Step 1: Becoming authentic

Step 2: Becoming self-aware

Step 3: Becoming aware of others

Step 4: Using the emotions

Step 5: Understanding the emotions

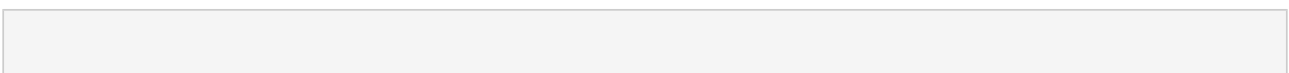
Step 6: Managing your own emotions

Step 7: Managing the emotions of others

Step 8: Mindfulness for leaders

The chapters, underpinned with scientific research, offer real-life illustrations from leaders facing real challenges and triumphs, as well as exercises, case studies, tips and strategies to put these steps into action. It also includes a self-assessment at the start of the book to help you find out how emotionally agile you already are.

This straight-talking guide is the ultimate guide for busy managers wanting hard advice on how to deal with the softer side of business life.



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