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**Lire des ebooks La boîte à outils de l'intelligence émotionnelle - 2e éd. Martine- Eva Launet & Céline Peres-Court PDF, ePub, mobi,** Qu'est-ce qui distingue les émotions les unes des autres ? Pourquoi exprimer ses émotions peut-il avoir un impact positif sur son interlocuteur ? Comment gérer les manifestations d'émotions sur le lieu de travail ? Comment apaiser les tensions entre collègues ? Quelles sont les meilleures façons de prendre soin de soi afin de maintenir son équilibre émotionnel ? Quelles actions favorisent la confiance ?

Découvrez 58 outils indispensables pour mieux gérer ses émotions dans ses relations professionnelles ou personnelles, favoriser son épanouissement personnel et renforcer son efficacité au quotidien.

Chaque outil est traité de façon visuelle sur 2 ou 4 pages avec illustration, l'essentiel, les objectifs, le contexte d'utilisation, des conseils méthodologiques, les avantages et les précautions à prendre.

Des études de cas, quiz et auto-évaluations viennent compléter et approfondir certains outils.

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