

EMOTIONAL INTELLIGENCE - RESOURCES

GENERAL LEADERSHIP RESOURCES

Title	Author	Publisher	Year	Link
Primal Leadership: Realizing the Power of Emotional Intelligence	Daniel Goleman, Annie McKee and Richard E. Boyatzis	Harvard Business Review Press	2002	Link
Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion	Richard Boyatzis and Annie McKee	Harvard Business School Press	2005	Link
ESCI Competencies Model	Goleman & Boyatzis	HayGroup	2011	Link
How to be Emotionally Intelligent	Daniel Goleman	New York Times	2015	Link
You can't manage emotions without knowing what they really are	Art Markman	Harvard Business Review	2015	Link
A vocabulary to your emotions	Susan David	Harvard Business Review	2017	Link
How to manage your emotions without fighting them	Susan David	Harvard Business Review	2016	Link
The gift and power of emotional courage	Susan David	TED	2017	Link
Emotional Intelligence in Leadership Learning How to Be More Aware	Mindtools content team	Mindtools		Link
Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life	Paul Ekman	Holt Paperback	2004	Link

IGNATIAN RESOURCES

Title	Author	Publisher	Year	Link
The affective dimension of discerning and deciding	Franz Meures	Review of Ignatian Spirituality - XXXIX, 1/2008	2008	Link
Saint Ignatius Of Loyola Personal Writings	Joseph A. Munitiz and Philip Endean	Penguin Classics	2004	Link
The Place of Desires in the Ignatian Exercises	Thomas McGrath	The Way Supplement 76	1993	Link
Eliciting great desires : their place in the spirituality of the Society of Jesus	Edward Kinerk SJ	Studies in the spirituality of Jesuits	1984	Link
Befriending Our Desires	Philip Sheldrake	The Way	1995	Link
Discernment and Desire	Susan Rakoczy	The Way	1999	Link
Desire and Discernment	Michael Ivens	The Way		Link

QUOTES

- “How we deal with our inner world drives everything. Every aspect of how we love, how we live, how we parent and how we lead.” Susan David
- “The conventional view of emotions as good or bad, positive or negative, is rigid. And rigidity in the face of complexity is toxic. We need greater levels of emotional agility for true resilience and thriving.” Susan David
- “If we lack emotional intelligence, whenever stress rises the human brain switches to autopilot and has an inherent tendency to do more of the same, only harder. This, more often than not, is precisely the wrong approach in today’s world”. Robert K. Cooper
- “Emotional agility is the ability to be with your emotions with curiosity, compassion, and especially the courage to take values-connected steps.” Susan David
- “Emotional intelligence is the ability to sense, understand, and effectively apply the power and acumen of emotions as a source of human energy, information, connection, and influence.” Robert K. Cooper
- “The essential difference between emotion and reason is that emotion leads to action, while reason leads to conclusions.” Donald B. Calne
- There can be no transforming...of apathy into movement without emotion. Carl Jung
- What really matters for success, character, happiness and lifelong achievements is a definite set of emotional skills – your EQ – not just purely cognitive abilities that are measured by conventional IQ tests. Daniel Goleman