

## EQ AND RESONANT COMMUNICATION-RESOURCES

## GENERAL LEADERSHIP RESOURCES

Title	Author	Publisher	Year	Link
Social Intelligence and the Biology of Leadership	Daniel Goleman and Richard Boyatzis	Harvard Business Review	2008	<a href="#">Link</a>
Emotional Intelligence Has 12 Elements. Which Do You Need to Work On?	Daniel Goleman and Richard E. Boyatzis	Harvard Business Review	2017	<a href="#">Link</a>
Leading by Feel		Harvard Business Review	2004	<a href="#">Link</a>
Do you lead with Emotional Intelligence?	Annie McKee	Harvard Business Review		<a href="#">Link</a>
Recovering from an Emotional Outburst	Susan David	Harvard Business Review	2015	<a href="#">Link</a>
What's empathy got to do with it?	Bruna Martinuzzi	Mindtools		<a href="#">Link</a>
Humility, the most beautiful word in the English language	Bruna Martinuzzi			<a href="#">Link</a>
How Humble Leadership Really Works	Dan Cable	Harvard Business Review	2018	<a href="#">Link</a>
Leading by example - How to Lead a Team Honestly and Authentically	Bruna Martinuzzi	Mindtools		<a href="#">Link</a>
Primal Leadership	Boyatzis, Goleman, and McKee	Harvard Business Review Press	2013	<a href="#">Link</a>
How to win friends and influence people	Dale Carnegie	Pocket Books	1998	<a href="#">Link</a>

Title	Author	Publisher	Year	Link
The emotionally intelligent manager - How to Develop and Use the Four Key Emotional Skills of Leadership	David R. Caruso and Peter Salovey	Jossey-Bass	2004	<a href="#">Link</a>
Resonant Leadership	Boyatzis and McKee	Harvard Business School Press	2005	<a href="#">Link</a>
Empathy	Carl Rogers			<a href="#">Video</a>
Seeing Through Your Blind Spots	Tony Schwartz	Harvard Business Review	2012	<a href="#">Link</a>
A Leader's Mood - The Dimmer Switch of Performance	Bruna Martinuzzi	Mindtools		<a href="#">Link</a>
The Incredibly Simple Way To Tell If You're Being Manipulative	Allen Gannet	Fast Company	2017	<a href="#">Link</a>
The Power of Trust: a Steel Cable	Bruna Martinuzzi	Mindtools		
The Talisman of Leadership	Bruna Martinuzz	Mindtools		<a href="#">Link</a>
The Social Animal	David Brooks	Random House Trade Paperbacks	2012	<a href="#">Link</a>
Psychological safety and learning behavior in work teams	Amy Edmondson	Administrative Science Quarterly	1999	<a href="#">Link</a>
I swear by Apollo: Being accountable to yourself in leadership	Bruna Martinuzzi	Mindtools		<a href="#">Link</a>
Why good leaders make you feel safe	Simon Sinek	TED		<a href="#">Link</a>
What Google Learned From Its Quest to Build the Perfect Team	Charles Duhigg			<a href="#">Link</a>
Generative Team Design - Innovation, Psychological Safety, and Empathy	Dara Blumenthal			<a href="#">Link</a>

Title	Author	Publisher	Year	Link
The Power of Vulnerability	Brene Brown	TED		<a href="#">Link</a>
Common Problems that Ruin Emotional Safety and Security at Work	Tom DeMaio			<a href="#">Link</a>
The Gift and power of Emotional Courage	Susan David			<a href="#">Link</a>
The neuroscience power of safe relationships	Stephen Porges			<a href="#">Link</a>
How to Measure Psychological Safety in Your Team	Sarah Rosenquist	Business Community	2016	<a href="#">Link</a>

## IGNATIAN RESOURCES

Title	Author	Publisher	Year	Link
The affective dimensions of discernment	Franz Meures			

## QUOTES

- “An emotionally intelligent manager experiences the emotions and then uses the power of emotion as a springboard to a successful, productive outcome.” Caruso & Salovey
- “The integration of rational and emotional styles is the key to successful leadership.” Caruso & Salovey
- “Emotions contain data about you and your world. Emotions are not random, chaotic events that interfere with thinking.” Caruso & Salovey
- “Vulnerability is the birthplace of love, belonging, joy, courage, empathy, accountability, and authenticity.”- Brené Brown
- “Emotional safety is a sense of confidence that others will not embarrass, reject or punish us for speaking up and showing up fully”. Edmondson, 1999.
- “If one does not understand a person, one tends to regard him as a fool”. Carl Jung
- “When people are allowed to feel their emotional truth, engagement, creativity and innovation flourish in the organization. Diversity isn’t just people, it’s also what’s inside people. Including diversity of emotion. The most agile, resilient individuals, teams, organizations, families, communities are built on an openness to the normal human emotions.” Susan David
- “Decisions only with one’s IQ, without the EQ, the emotion quotient, of which we have been hearing in recent years, are – seen from an Ignatian viewpoint – nonhuman, in the sense that the entire human being does not participate in the decision-making process.” Willi Lambert.