



The Emotional Intelligence Activity Kit: 50 Easy and Effective Exercises for Building EQ

Adele B. Lynn, Janele R. Lynn

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Imagine what would happen if you could quickly elevate the EQ score of everyone in your organization. Profitability, retention, and customer satisfaction would soar! Studies prove that emotional intelligence—knowing how to manage emotions, empathize, build relationships, and more—drives performance. But how do you get naturally resistant people to practice new ways of thinking?

Trainers, coaches, and organizational development professionals can now break through and trigger lasting EQ improvements. The fifty original activities in *The Emotional Intelligence Activity Kit* help:

- Promote introspection
- Increase empathy
- Improve social skills
- Boost personal influence
- Inspire purpose
- Bring everyone on board
- Make learning stick

From setup instructions to debriefing questions, these simple exercises are quick to deploy and target key areas that benefit most from EQ training: leadership, project management, customer service, teamwork, sales, and more.

Know-it-all bosses, overcompetitive colleagues, or leaders who rarely leave their offices—common EQ problems such as these damage not just camaraderie, but also results. Fix them fast, and create thriving, successful organizations.



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