

## HOW DO YOU FEEL?

In 2019 the World Economic Forum ranked Emotional Intelligence as one of the 10 most important contributors to workplace success in 2020. There is no shortage of perspectives and thinking available on the subject of feelings and how we express, suppress and interpret them (*for example did you know there are 135 TED talks on this topic alone?*). In Part #1 of this guide we have pulled together an eclectic selection of reading, viewing and other resources for you to explore. We will publish Parts #2 and #3 in the coming weeks.

## HISTORY

### Goleman & other key names in the field of Emotional Intelligence

A short history of the development of what we now know and understand as Emotional Intelligence or EQ.

## PODCASTS

### The Happiness Podcast

You might think more money, a better job, or Instagram-worthy holidays would make you happy but according to "The Happiness Lab" podcast, Yale professor Dr Laurie Santos, that is not the case. These podcasts will take you through the latest scientific research and share some surprising and inspiring stories that may alter the way you think about happiness.

### Permission to feel

Brené Brown, research Professor, leading author and TedTalk speaker, in discussion with Dr Marc Brackett, founding director of the *Centre for Emotional Intelligence* at Yale University.

## COACHING & EI

### How a Coach works with Emotional Intelligence

A Daniel Goleman and Richard Boyatzis model of leadership coaching for EI.

### Coaching and Emotional Intelligence are inseparable

Sir John Whitmore, coaching and leadership pioneer, tells us how coaching and emotional intelligence are inseparable.

## BOOKS

How Emotions are made – the secret life of the brain by Prof Lisa Feldman Barrett PhD

HBR's 10 must reads on Emotional Intelligence by Harvard Business Review

Permission to Feel by Marc Brackett

## TESTING YOUR EQ / EI

### How Emotionally Intelligent are you?

There are a wide range of tests available and here is one - a free online test from the Global Leadership Foundation.

## TED TALKS

### Why aren't we more compassionate?

Daniel Goleman, author of "Emotional Intelligence," asks why we aren't more compassionate more of the time.

### What are emotions?

And a curated playlist of four very different perspectives on emotions, how our understanding of them has developed and how they may be manipulated.

## ARTICLES

### Hard Feelings: Science's struggle to define emotions

Featured in The Atlantic February 2015, Julie Beck explains why it is difficult to define emotions even though scientists are able to identify facial expressions, brain patterns and behaviour, emotion as a whole cannot be so easily defined.

### Emotional Agility

Susan David and Christina Congleton explain Emotional Agility, and how to recognise your patterns of thinking, labelling your thoughts and emotions, accepting them and acting on your values.

## TECHNOLOGY

### This app knows how you feel – from the look on your face

In this TEDTalk Scientist Rana el Kaliouby demonstrates a powerful new technology that reads your facial expressions and matches them to corresponding emotions.

### Why artificial intelligence is learning emotional intelligence

EI has been a hard skill to teach, and one that has not been "programmable" into technology – until now. One could say we are learning to "reverse engineer" our own human perception rules.