

“Building Emotional Intelligence” Additional Tools

The “Building Emotional Intelligence” Retreat can be enhanced by some of the tools and resources that support this topic. Two of the best are the books written by Travis Bradberry and Jean Graves entitled, “The Emotional Intelligence Quick Book” and “Emotional Intelligence 2.0”. Assigning one of these as pre-retreat reading will accomplish two things: 1) give your leaders a basic understanding of the concept of Emotional Intelligence; and 2) give them access to an online test where they can discover their own level of Emotional Intelligence.

In addition to those resources, there are many online guides and activities related to Emotional Intelligence that explain it and provide additional activities to the ones in the retreat materials. A simple online search for Emotional Intelligence will produce a large variety of materials. Be sure to examine them carefully to be certain they fit appropriately for a CBS Leaders Council.