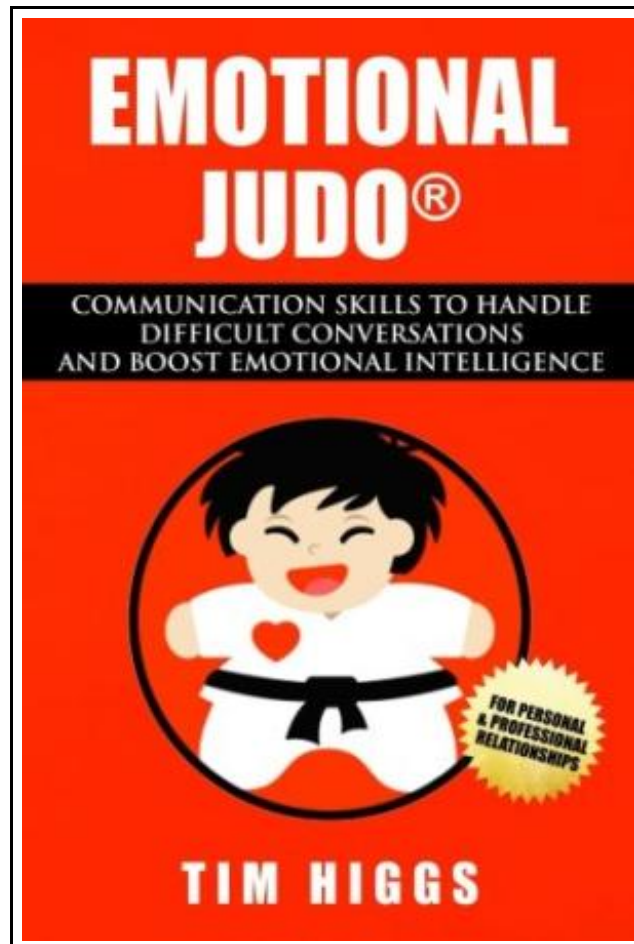


Emotional Judo: Communication Skills to Handle Difficult Conversations and Boost Emotional Intelligence (Paperback)



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Reviews

Complete guide! Its such a excellent read through. It is full of wisdom and knowledge I am very happy to inform you that here is the very best pdf i have got study inside my very own daily life and might be he very best pdf for possibly.

(Mr. Ronaldo Kulas)


EMOTIONAL JUDO: COMMUNICATION SKILLS TO HANDLE DIFFICULT CONVERSATIONS AND BOOST EMOTIONAL INTELLIGENCE (PAPERBACK)



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Octagonal Base Productions, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you finally want the self confidence to speak up and be heard or the self control to not threaten relationships with your bluntness or emotional reactivity.get this book today! Emotional Judo(R) is a set of 10 Easily Learnable Communication skills that help you manage your own and others emotions in difficult conversations. The structure of each skill helps you know what to say and when. How can it help people at opposite ends? -those who have trouble speaking up vs those who find they are too volatile or blunt? Because, when the topic of conversation is delicate, or the parties are heavily invested in the outcome, there is likely to be emotion. When emotion creeps into the conversation we have the potential for conflict. If you fear confrontation or need to be liked, you may not have the confidence to speak your truth in difficult conversations. If you need to feel in control, or must win every battle, you may use anger, dominance, and intimidation to get your way when you lose ground or sense disrespect. And this will just lead to more problems for you. Judo means the gentle way in Japanese. And the respectful structure provided by Emotional Judo(R) gives you the courage and self confidence to speak up. The structure also helps calm you, because it gives you more self control, so don t need to dominate. Just like a real Judo black belt feels confident and in control by knowing their moves, knowing Emotional Judo(R) tactics gives you the same feeling. You will also subtly be able to manage the other person s emotions by avoiding inflaming the issue and by having the communication skills to calm...

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