

EQ LINKS AND RESOURCES

Videos:

Why EQ is more important than IQ | Travis Bradberry | WOBI
<https://www.youtube.com/watch?v=vEjpiSUUQgg>

6 Steps to Improve Your Emotional Intelligence | Ramona Hacker | TEDxTUM
https://www.youtube.com/watch?v=D6_J7FfgWVc

Strategies to become more emotional intelligent | Daniel Goleman | WOBI
<https://www.youtube.com/watch?v=pt74vK9pqlA&vl=en>

Altered Traits: The Science of Mindfulness | Daniel Goleman
<https://www.youtube.com/watch?v=eKF8NE42RZ0>

Brené Brown on Empathy
<https://www.youtube.com/watch?v=1Evwgu369Jw>

Books:

[Atlas of the Heart](#)

[Emotional Intelligence 2.0](#)

[Permission To Feel](#)

[Emotional Intelligence](#)

[Social Intelligence](#)

[Growth Mindset](#)

[Fully Human](#)

[Insight](#)

[HBR EQ Series](#)

[Creating Great Choices](#)

APS

<https://moodmeterapp.com/> \$0.99

Podcasts:

https://blog.feedspot.com/emotional_intelligence_podcasts/

<https://www.rickhanson.net/being-well-podcast-discovering-your-emotional-intelligence-with-daniel-goleman/>

<https://www.rickhanson.net/being-well-podcast-discovering-your-emotional-intelligence-with-daniel-goleman/>

[Creating Emotional Intelligence | Podcast on Spotify](#)

[Emotions Mentor | Podcast on Spotify](#)

[Parenting With Emotional Intelligence and Love | Podcast on Spotify](#)

RULER

<https://www.rulerapproach.org/>

Staying Curious:

How can we be curious and not judgmental? Ted Lasso Darts

<https://www.youtube.com/watch?v=5x0PzUoJS-U>

Top 5 Articles on Curiosity for 2020

[Box of Crayons' Top Five Curiosity Articles of 2020](#)