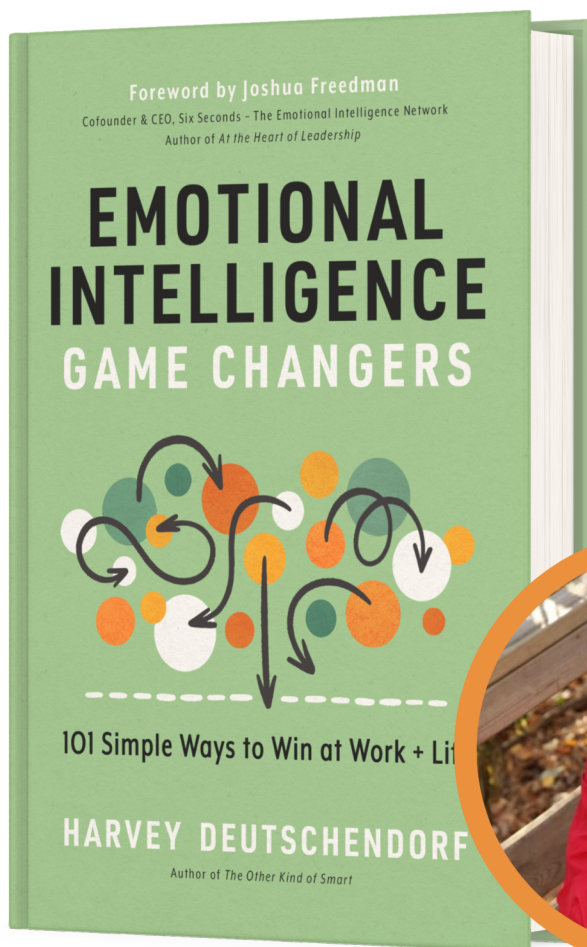


DISCUSSION GUIDE



In *Emotional Intelligence Game Changers*, leading EI expert Harvey Deutschendorf teaches readers how to leverage this skill to achieve success in every part of life. With 101 tips, *Emotional Intelligence Game Changers* is easily searchable for quick reference depending on the reader's specific needs or can be read chronologically. Deutschendorf's insightful and effective guide will inspire and equip readers to increase their EI levels through small, doable changes, achieving gains in work and life.

5.8x8.3 HC 320 pp. \$26.95

Harvey Deutschendorf is an emotional intelligence expert, TEDx Speaker and internationally published author of *The Other Kind of Smart*. He has worked in the field of E.I. for over 20 years. An active member of the ManKind Project and Toastmasters, Harvey is a regular contributor to Fast Company and writes a monthly column for *HRProfessionals Magazine*. His work has also been published in Forbes, Reader's Digest, Turkish Airlines Magazine, Toronto Star, Toastmasters International, and more. He lives in Alberta, Canada.

"IF YOU BREATHE, THINK,
HAVE RELATIONSHIPS, AND
KNOW WINNING IN LIFE IS ALL
ABOUT LEARNING AND
IMPROVING, READ *EMOTIONAL
INTELLIGENCE GAME
CHANGERS...*"

-HUGH CULVER, AUTHOR OF
GIVE ME A BREAK

DISCUSSION QUESTIONS

This book provides helpful tips relevant to multiple stages of professional life including preparing for a job interview and what to look for in a new hire.

Q1. Where do you currently find yourself in your professional life and how did this book resonate with you at this specific time in your career?

Deutschendorf states that “most organizations and products focus on the how and what, but miss the why—the inner emotional part of why we do what we do” (85).

Q2. What is your personal “why” in your career? How does your current position and company align or not align with that “why”?

Deutschendorf notes that “the authoritarian leadership style is out. In vogue is the servant-leader: humble, collaborative, and driven by the well-being of his or her staff and the organization” (63).

Q3. As an employee, what do you look for in a leader? How has leadership positively or negatively impacted your performance and satisfaction in a job?

Deutschendorf highlights that while IQ is set by the time we get to late adolescence, EQ is highly malleable and can be increased over our lives.

Q4. How has your understanding of the importance of IQ vs. EQ shifted after reading this book? What steps do you plan to take to work on growing your EQ?

A common thread throughout each tip in this book is to establish rapport and relationships with your coworkers.

Q5. Can you identify any coworkers that you want to establish a better rapport with? What are some ways you plan on achieving this?

This book is set up so that you can choose what tips to read and when to read them based on your needs, rather than reading chronologically like a self-help book.

Q6. How did this impact your reading experience? Did you find yourself gravitating towards certain tips over others?

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DISCUSSION QUESTIONS (CONT.)

Q7. Everyone experiences emotions, but how we manage them in the workplace is crucial. **Can you think of a time when your emotions got the best of you at work? How did you handle that situation then, and how would you handle it differently now?**

Deutschendorf recognizes that “instead of just letting life happen, people who achieve work-life balance make deliberate choices about what they want from life and how they want to spend their time” (149).

Q8. **Identify some areas of your life where you want to dedicate more time. What has prevented you from dedicating time to these areas and how will you begin to prioritize them?**

In Tip 39, Deutschendorf outlines some benefits of being fired from a job.

Q9. **Have you ever been fired from a job and what did this experience teach you? If not, do you agree with Deutschendorf that there are positive outcomes of being fired? Why or why not?**

Play and work seem like opposites, however Deutschendorf argues that bringing play into your work environment has substantial benefits.

Q10. **Do you see the benefits of bringing play into the workspace? Why or why not? OR What are some ways that you can incorporate play into your work space?**



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