



The Learner s Toolkit: Student Workbook Bk. 1: The Habits of Emotional Intelligence (Paperback)

By Jackie Beere

Crown House Publishing, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Outstanding companions to The Learner s Toolkit - Teacher s Resource (ISBN 9781845900700), these workbooks are designed for students to keep personal records of their work towards developing competencies in Learning, Emotional Intelligence and Values for Life. They are an outstanding resource for supporting the SEAL framework in secondary schools. The Learner s Toolkit Student Workbook 1: The Habits of Emotional Intelligence Workbook 1 includes lessons on: getting to know yourself; taking responsibility for your own life; building confidence; persistence and resilience; setting goals for life; controlling moods; caring for mind and body; optimism; stress management; thinking skills; and, communication and cooperation.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger