

New EI resource

We are delighted to announce that the self published book by Maureen Bowes, the editor of this e-zine, "**me + you =**" is now available.

me + you = is a DIY development programme on how to 'do' emotional intelligence and improve your relationships at work, at home, socially or with yourself. This book is full of insights and challenges to anyone who wants to develop their knowledge, skills, attitudes and habits around people. Full of points to reflect on, think about, feel, visualise and affirm, this is not an emotional intelligence 'made easy' book, because challenging and easy don't go together, but the message is **Doing** it works.

Available now from http://peopleintelligence.com/me_you.aspx

me + you = is based on the model of Individual Effectiveness created by the CAEI and JCA Occupational Psychologists.

The main section of the book has 20 chapters, each containing 5 suggestions for developing that particular facet of emotional intelligence, along with an affirmation, a visualisation and a reference to a popular song title or lyrics. There are 5 poems by John Hegley providing another perspective on EI.

The Individual Effectiveness Questionnaire has 17 scales.

The chapters of **me + you =** correspond to the scales as outlined below:

Self regard = My self esteem

Regard for others = Your self esteem

Relative regard = Relating

Self awareness = Knowing me

Other awareness = Knowing you

Reflective learning

Emotional resilience = **Bouncing back**

Personal power = Passion

Goal directedness = Setting goals

Flexibility = Being flexible

Personal openness = **Being open**

Trustworthiness = Being trusted

Trust = Trusting others

Balanced outlook = Can do

Emotional expression and control = Expressing your emotions

Conflict handling = Handling conflict

Interdependence = Give and take

Self assessed EI = What am I like?

The 3 additional chapters are facets of the other sections.

Forgiving is part of *I'm OK, You're OK*.

Intuition comes under *Knowing Me*.

Motivation belongs within the self management scales.

If you want to stop **thinking** about EI, and move into doing something with it, here is a good place to start.

If you want to get yourself a copy, at only £9.99, then just click on the link above to Maureen's website.

Tim Sparrow

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