**Self-regulation, strategic leadership and paradox in organizational change**

**Power, Leadership, and Self-Regulation**


How to Manage Your Anger at Work

5 Motivation Theories To Use in the Workplace

Harnessing Personal Purpose to Enable Employee Experience

Understanding the Power of Intrinsic Motivation

Why People Lose Motivation – and What Managers Can Do to Help

The Puzzle of Motivation

Listen - The Power of Emotional Intelligence in the Workplace

MIT Sloan Management Review – Three Questions to Gauge Emotional Intelligence

MIT Technology Review – Driving innovation with emotional intelligence

HBR - Can AI Teach us How to Become more Emotionally Intelligent?

When Is Success Not Satisfying? Integrating Regulatory Focus and Approach/Avoidance Motivation Theories to Explain the Relation Between Core Self-Evaluation and Job Satisfaction

MORE ON EQ IN THE WORKPLACE & TECH

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Merve Emre on Emotional Intelligence as Corporate Control: Ted Transcript

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**5 Key Elements**

**Self-Awareness**
- What Self-Awareness Really Is (and How to Cultivate It)
- Working with People who Aren’t Self-Aware
- Research: We’re Not Very Self-Aware, Especially at Work
- The Impact of emotional intelligence on accuracy of self-awareness and leadership performance

95%
People think they are self-aware

15%
People are actually self-aware

**Self-Regulation**
- Self-regulation, strategic leadership and paradox in organisational change
- Power, Leadership, and Self-Regulation
- How to Manage Your Anger at Work

**Motivation**
- 5 Motivation Theories To Use in the Workplace
- Harnessing Personal Purpose to Enable Employee Experience
- Understanding the Power of Intrinsic Motivation
- Why People Lose Motivation – and What Managers Can Do to Help
- The Puzzle of Motivation

**Empathy**
- MIT Sloan - Humanity: A leader’s secret weapon
- HBR - 4 Ways to Communicate more Empathy
- How virtual reality can create the ultimate empathy machine

Leaders with empathy perform over 40% higher in employee engagement, decision-making, and coaching.

**Social Skills**
- Team Emotional Intelligence: Emotional Processes as a Link Between Managers and Workers
- HBR: The Power of Healthy Relationships at Work
- HBR – How Supportive Leaders Approach Emotional Conversations
- An Adult’s Guide to Social Skills, for Those Who Were Never Taught