



# Book Review

**TITLE:** Emotional Intelligence 2.0  
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## PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I know EQ is essential to good leadership and I had bought this book a few years ago, but hadn't gotten around to it. On the cover, it states that there is a foreward by Patrick Lencioni so I figure if he wrote a foreward, it is probably a good book. I like how the book is laid out - there is a logic to it which is appealing

## A-HA MOMENTS

What a-ha moments did you have when reading?

- People with the highest levels of intelligence (IQ) outperform those with average IQs just 20% of the time, while people with average IQs outperform those with high IQs 70% of the time (p. 8)
- All emotions are based on 5 core feelings: happiness, sadness, anger, fear and shame

## QUESTIONS

What questions do you have after reading that you want to investigate?

- How can I improve my EQ?
- How can I help others recognize the importance of EQ?
- Where can I learn more?

## CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- I took an intro to EQ course (which wasn't good) so some of this relates to that. The book was way better than the course.
  - I've heard a lot about EQ so this was a good bridge to solidify some base knowledge.
- Podcast with Daniel Goleman

## ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- My three specific skills to improve: Set aside some time in your day for problem solving, Take control of your self-talk and Accept that change is just around the corner
- Build time in my morning routine to dig deeper into problem solving and addressing self-talk (journal?)
- Dig into change and how I can work on accepting it (especially as an "S")

## POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

This book is a great start to understanding Emotional Intelligence and it gives me some actionable steps to improve mine. I do want to dig deeper into it, so I will read the original book. There are tangible ideas and I think it's a great introduction to EQ book to start with. I'd definitely recommend it.