


The 15 Building Blocks of Emotional Intelligence

Plus 30 curated resources to build them

	 Books	 TED Talks
Self-Regard	The Gifts of Imperfection – Brené Brown	Why Your Critics Aren’t the Ones Who Count – Brené Brown
Self-Actualization	Flow – Mihaly Csikszentmihalyi	What Makes a Good Life? – Robert Waldinger
Emotional Self-Awareness	Emotional Agility – Susan David	The Gift and Power of Emotional Courage – Susan David
Emotional Expression	Permission to Feel – Marc Brackett	The Benefits of Expressing your Emotions – Artūrs Miksons
Assertiveness	The Assertiveness Workbook – Randy Paterson	How to Speak Up for Yourself – Adam Galinsky
Independence	The Courage to be Disliked - Ichiro Kishimi & Fumitake Koga	Deep Sea Diving...in a Wheelchair – Sue Austin
Interpersonal Relationships	Crucial Conversations - J. Grenny, K. Patterson, R. McMillan, A. Switzler	The Power of Vulnerability – Brené Brown
Empathy	The Empathy Effect – Helen Riess	We’re Experiencing an Empathy Shortage - Jamil Zaki
Social Responsibility	Give and Take – Adam Grant	Why We Ignore Obvious Problems – Michelle Wucker
Problem Solving	Thinking in Bets – Annie Duke	How to Make Hard Choices – Ruth Chang
Reality Testing	The Righteous Mind – Jonathan Haidt	A Monkey Economy as Irrational as Ours – Laurie Santos
Impulse Control	Willpower – Roy Baumeister	How to Change Your Behaviour for the Better – Dan Ariely
Flexibility	Mindset – Carol Dweck	Embrace the Shake – Phil Hansen
Stress Tolerance	Burnout – Emily and Amelia Nagoski	How to Make Stress Your Friend – Kelly McGonigal
Optimism	Learned Optimism – Martin Seligman	The Happy Secret to Better Work – Shawn Achor