Discover Your Emotional Intelligence



Improve your personal and professional impact

Philip Holder

Praise for *Discover Your Emotional Intelligence*

'Emotional intelligence is the essential skill to develop today – for business and for life. I worked with Phil for many years, and he brings the best of his teaching to this book. Part education, part practical manual, but all delivered in Phil's trademark style – accessible, funny and profound. Everyone who wants to do better at their job – and better at their life too – should read this book.'

William Macpherson, Chair, Learning Curve Group

'Well, I did discover my EI and what a discovery. It was a revelation!

Meeting Philip Holder, back in 2007, was life-changing. Hiring him as a coach for my MD at Adidas was the best thing I could have done: the result was that we secured our bid as top-tier partnership sponsor for the London 2012 Olympic Games!

Phil is a phenomenon! His book is like having a personal guru in your pocket and reinforces everything I know about Phil – his wisdom, his experience, his focus, his humility, his capacity for joy, fun and laughter – these qualities ooze out of every page. Easy to follow, practical applications to real-life situations and "un-put-down-able", I enjoyed the learning all the way through.'

Yasmin Dewan, Inspirational Winners

'I met Phil 15 years ago and was struck by his ability to just "get" the situation and what was needed. I have connected him to many in my network, who describe him as the most intuitive person they know. This book helps break down how he can achieve this. It holds lessons and practical tips for us all to explore and enjoy what will ultimately feed our growth.'

Tariq Ahmed, VP People, Achilles Therapeutics

'Insightful and inspirational, a collection of ideas and concepts that provide a foundation and formulation with which to fathom and navigate both our mental maps and the emotional blueprint of our psyche.'

Catherine Robinson, Transformational Coaching

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Pearson

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