



THE LEADER'S GUIDE TO **EMOTIONAL AGILITY**

HOW TO USE SOFT SKILLS TO GET HARD RESULTS



KERRIE FLEMING

FT PUBLISHING
FINANCIAL TIMES

Praise for **The Leader's Guide to Emotional Agility**

'An excellent addition to *The Leader's Guide* series.

A valuable resource full of strategies, tactics and insights about emotional acuity to help improve your knowledge, understanding and skill.'

Fiona Elsa Dent, management trainer, leadership coach and author

'This book will guide you to harness values and emotions to create favourable outcomes during transactions with team members and others in the work place.'

Aruna Anand, Director, Continental Engineering Services N.A.

'Managing people requires emotional agility, and Kerrie Fleming provides hands-on, practical strategies on how managers can effectively manage their own and other's emotions. Whether you are looking to prevent your own burn-out or for ways to inspire your team, you will find a clear path to doing so in her book.'

David R. Caruso Ph.D., co-founder, Emotional Intelligence Skills Group

'Practical, insightful and engaging, this book is a wonderful toolkit to support the development of a critical skill for today's leader.'

Tony Sheehan, Associate Dean, Digital Learning, London Business School

'Powerful and insightful, these seven small steps will help the reader make the huge leap from just leading to being a true leader. An essential read for leaders and those aspiring to climb up the corporate ladder.'

Professor Vicky Vass, Pro Vice-Chancellor, Buckinghamshire New University

'This book is a must read for leaders who believe that emotion unleashes action. For those who are sure they can reason their way to a good outcome, read something else.'

Richard Hytner, Deputy Chairman, Saatchi & Saatchi Worldwide

Leader's Guide to Emotional Agility (Emotional Intelligence), The

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