



Emotional Fitness Coaching: How to Develop a Positive and Productive Workplace for Leaders, Managers and Coaches

By Warren Redman

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The concept of emotional intelligence, which helps people identify, assess and control their emotions and understand those of the people around them, has been widely used in business for many decades. However, despite its popularity there is a lot of conflicting information on the subject and it can be a difficult theory to apply to the workplace on a practical level.

Emotional Fitness Coaching is the practical approach to applying the principles of emotional intelligence to the workplace to create a healthy, positive and creative environment in every situation. Based on 30 years' experience in the field, it offers a toolkit for people to be better managers, leaders and professionals while also feeling more at ease with the interpersonal skills vital to any business relationships.

Using a storytelling approach, it covers a range of techniques including Power Listening, Learning from Experience, the Power of Group Dialogue, Creating Balance and Emotional Fitness Storytelling. Each tool is described and examples given of how each could be used in various work circumstances. Exercises throughout the text provide the opportunity for the reader to apply the tools directly to their own context.

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Editorial Review

Review

Professional Coaches (Life Coaches, Executive Coaches, Business Coaches), HR professionals, managers who want to implement coaching techniques

"[A]n accessible and engaging read that will help any leader, and aspiring leader, get a handle on some of the 'soft skill' competencies critical to their success." --**Steve Mitten**, Former President of International Coach Federation

"Warren has written a book that not only continues to explore the concept of emotional intelligence, but also highlights an enormous problem experienced across the board today in both professional and personal life – stress." --**Times and Transcript, Moncton, New Brunswick**

About the Author

Warren Redman is founder and President of the Emotional Fitness Institute in Canada. He has trained and coached high profile professionals and leaders for nearly thirty years. Having developed *Emotional Fitness Coaching* and written 15 books, he now trains coaches in this approach.

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