How to Change That Clueless Person on Your Holiday Gift List!

Do you have someone on your holiday gift list who has absolutely no emotional intelligence? Perhaps even a hapless employee or your boss?

I tend to have a lot of these in my client base -- the executive who is assigned to me for coaching because he or she has "anger management problems", a lack of "empathy", someone who has been accused of harassment or discrimination, or just has poor conflict management skills. Frequently, their core problem is their inability to read people, as well as their lack of ability to understand and appropriately express their own emotions.

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Do I have a gift for you! Run right out and buy the newish animated Pixar movie *Inside Out*. It seems to be on all the critics' "best movies of the year" list and I guarantee your recipient will enjoy it without being too suspicious that you're trying to make them over.

I finally watched it because my daughter -- an animator herself -- nagged me into it. I don't tend to like many animated movies but this one is a brilliant exception. While it's been aimed at kids, I'm not sure that anyone under the age of twelve could follow it, although younger kids might stay mesmerized, just because the animation is so engaging.

But for teens and grown-ups, it's a fun and engrossing way to learn about how our emotions work -- from the perspective of neuropsychology, no less -- as well as how to understand what other people are feeling, expressing and why.

It turns out that the neuropsychologist who was the movie's advisor was none other than Paul Ekman [http://www.paulekman.com/], someone I've read and recommended for years. He has his own online program that I've frequently suggested to people as a way to learn how to read others' and their own emotions.

So...aren't you glad you know me? One more holiday shopping problem solved!

Did you Know?
We conduct emotional intelligence (EQ) assessments as well as coaching for executives, managers or employees. Please let us know how we can assist. Be sure to read my two very helpful books:
"We Need to Talk - Tough Conversations with Your Boss" and "We Need to Talk" - Tough Conversations with Your Employee.

MORE INFO ABOUT PROFESSIONAL COACHING

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