

This audiobook is designed to help listeners understand how they and other people think, feel and behave. The author, an experienced coach based at Warwick University, shares a range of models based on key concepts from the psychological literature, such as the Myers-Briggs Type Indicator, Transactional Analysis, and Emotional Intelligence. Topics include understanding your personality type, how to handle conflict and influence others, and managing your time effectively. For general listeners, managers, students, staff developers, students, teachers, coaches and consultants.

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practice, there are many skills and tools . The Understanding Our Goals worksheet is intended to help clients . The section on your "personal world" is split into xx categories based on which "self" it concerns.

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