

EQ Extra



Reference List

psysoft
realising **your** potential



Contents

1 Developing Self Regard	3
2 Developing Self Actualisation	4
3 Developing Emotional Self Awareness	5
4 Developing Emotional Expression	6
5 Developing Assertiveness	7
6 Developing Independence	8
7 Developing Interpersonal Relationships	9
8 Developing Empathy	10
9 Developing Social Responsibility	11
10 Developing Problem Solving	12
11 Developing Reality Testing	13
12 Developing Impulse Control	14
13 Developing Flexibility	15
14 Developing Stress Tolerance	16
15 Developing Optimism	17



1 Developing Self Regard

- Baumeister, R. (2005). Rethinking Self-Esteem: Why nonprofits should stop pushing self-esteem and start endorsing self-control. *Stanford Social Innovation Review*, 3(4), 34-41.
- Borst, H. L. (2021). *How to build a child's self-esteem. Hint: It doesn't involve praise*. The Washington Post. <https://www.washingtonpost.com/lifestyle/2021/07/26/child-self-esteem-confidence/>
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Kosovich, J. & Wormington, S. (n.d.). *Behind the magic: Confidence is the first step to success*. Center for Creative Leadership – Innovation. <https://cclinnovation.org/news-posts/behind-the-magic-confidence-is-the-first-step-to-success/>
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Miglianico, M., Dubreuil, P., Miquelon, P., Bakker, A. B., & Martin-Krumm, C. (2020). Strength use in the workplace: A literature review. *Journal of Happiness Studies*, 21(2), 737-764.
- Mind. (n.d.). *Self-esteem: How can I improve my self-esteem?* Mind. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/tips-to-improve-your-self-esteem/>
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- TEDx Talks. (2018, May 30). *Cultivating Unconditional Self-Worth*. [Video]. YouTube. <https://www.youtube.com/watch?v=EirIZ7fy3bE>
- Winch, G. (2016). *5 ways to build lasting self-esteem*. Ideas.TED.com. <https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/>



2 Developing Self Actualisation

- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Locke, E. A., & Latham, G. P. (2006). New directions in goal-setting theory. *Current Directions in Psychological Science*, 15(5), 265-268.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- MHS Staff. (2018). *Hardiness Resilience Gauge (HRG) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Raypole, C. (2020, Feb 26). *A (Realistic) Guide to Becoming Self-Actualized*. Healthline.
<https://www.healthline.com/health/self-actualization>
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- TED. (2014, Dec 17). *The power of believing that you can improve*. [Video]. YouTube.
https://www.youtube.com/watch?v=_X0mgOOSpLU
- TED. (2017, Feb 7). *How to gain control of your free time*. [Video]. YouTube.
<https://www.youtube.com/watch?v=n3kNIFMXslo>
- TED. (2020, Apr 23). *2 questions to uncover your passion - and turn it into a career*. [Video]. YouTube. <https://www.youtube.com/watch?v=y3emv9DIEkE>
- WOOP My Life (n.d.). <https://woopmylife.org/en/science>
- Zheng, C., Molineux, J., Mirshekary, S., & Scarparo, S. (2015). Developing individual and organisational work-life balance strategies to improve employee health and wellbeing. *Employee Relations*, 37(3), 354-379.



3 Developing Emotional Self Awareness

- Caruso, D. R., & Salovey, P. (2004). *The emotionally intelligent manager: How to develop and use the four key emotional skills of leadership*. John Wiley & Sons.
- Eurich, T. (2018, January 4). *What self-awareness is and how to cultivate it*. Harvard Business Review. <https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>
- Goleman, D. (n.d.). *What is emotional self-awareness?* Korn Ferry. <https://www.kornferry.com/insights/this-week-in-leadership/what-is-emotional-self-awareness>
- Goleman, D. (1995). *Emotional intelligence*. Bloomsbury.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Gorski, H., & Ranf, D. E. (2019). Study regarding the emotional self-awareness and emotional self-control on managers activity. *International Conference Knowledge-based Organization*, 25(1), 230-235.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- MHS Talent Development. (2018, April 2). *Emotional Self-Awareness & Body Language* [Video]. YouTube. <https://www.youtube.com/watch?v=w18R2S1x3Aw>
- Perez, L. M. (2011). Teaching Emotional Self-Awareness through Inquiry-Based Education. *Early Childhood Research & Practice*, 13(2).
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- TEDx Talks. (2015, December 18). *Why you feel what you feel* [Video]. YouTube. <https://www.youtube.com/watch?v=h-rRgpPbR5w>
- TEDx Talks. (2017, December 19). *Increase your self-awareness with one simple fix* [Video]. YouTube. <https://www.youtube.com/watch?v=tGdsOXZpyWE>



4 Developing Emotional Expression

- Glassdoor Team. (2013, November 13). *Employers to retain half of their employees longer if bosses showed more appreciation; Glassdoor survey*. Glassdoor for Employers.
<https://www.glassdoor.com/employers/blog/employers-to-retain-half-of-their-employees-longer-if-bosses-showed-more-appreciation-glassdoor-survey/>
- Goleman, D. (1996). *Emotional intelligence*. Bloomsbury.
- Langens, T. A., & Schüler, J. (2005). Written emotional expression and emotional well-being: The moderating role of fear of rejection. *Personality and Social Psychology Bulletin*, 31(6), 818-830.
- Liu, Y., Xu, J., & Weitz, B. A. (2011). The role of emotional expression and mentoring in internship learning. *Academy of Management Learning & Education*, 10(1), 94-110.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- MHS Talent Development. (2018, April 2). Emotional self-awareness and body language [Video]. YouTube. <https://www.youtube.com/watch?v=w18R2S1x3Aw>
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- TED. (2020, February 10). How to embrace emotions at work: The way we work, a TED series [Video]. YouTube. <https://www.youtube.com/watch?v=sSOBk0v0viM>



5 Developing Assertiveness

- Ames, D., Lee, A., & Wazlawek, A. (2017). Interpersonal assertiveness: Inside the balancing act. *Social and Personality Psychology Compass*, 11(6), e12317.
- Fouts, M. (2020, July 13). *The art of being assertive*. Forbes.
<https://www.forbes.com/sites/forbescoachescouncil/2020/07/13/the-art-of-being-assertive/?sh=4100e3263f10>
- Goleman, D. (1996). *Emotional intelligence*. Bloomsbury.
- Mc Cabe, C., & Timmins, F. (2003). Teaching assertiveness to undergraduate nursing students. *Nurse Education in Practice*, 3(1), 30-42.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- Ury, W. (n.d.). The power of a positive no. Oxford Leadership.
<https://www.oxfordleadership.com/power-positive-no/>
- Wilding, M. (2021, Feb 1). *How to be more assertive at work (without looking like a jerk)*. Forbes.
<https://www.forbes.com/sites/melodywilding/2021/02/01/how-to-be-more-assertive-at-work-without-looking-like-a-jerk/?sh=38909d931b62>



6 Developing Independence

Alexander, B., & Beckerling, V. (2013). Agential independence and interdependence in the workplace: Preparing students for vocational internships.

LovinLit. (2018, January 6). *How to become an independent learner* [Video]. YouTube.
https://www.youtube.com/watch?v=3EYRa_GtQPI

MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.

Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.

Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.

Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.

Whitener, S. (2019, Oct 17). *How self-reliance builds your self-confidence*. Forbes.
<https://www.forbes.com/sites/forbescoachescouncil/2019/10/17/how-self-reliance-builds-your-self-confidence/?sh=a4383182e57a>



7 Developing Interpersonal Relationships

- Baker, W., & Dutton, J. E. (2007). Enabling positive social capital in organizations. *Exploring positive relationships at work: Building a theoretical and research foundation*, Lawrence Erlbaum, Inc.
- Carmeli, A., Brueller, D., & Dutton, J. E. (2009). Learning behaviours in the workplace: The role of high-quality interpersonal relationships and psychological safety. *Systems Research and Behavioral Science: The Official Journal of the International Federation for Systems Research*, 26(1), 81-98.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Mita, T. H., Dermer, M., & Knight, J. (1977). Reversed facial images and the mere-exposure hypothesis. *Journal of Personality and Social Psychology*, 35(8), 597- 601.
- Reich, T. C., & Hershcovis, M. S. (2011). Interpersonal relationships at work. *In APA handbook of industrial and organizational psychology, Vol 3: Maintaining, expanding, and contracting the organization*, 223-248.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.



8 Developing Empathy

- Badea, L., & Pană, N. A. (2010). The Role of Empathy in Developing the Leader's Emotional Intelligence. *Theoretical & Applied Economics*, 17(2), 69-78.
- Bal PM, Veltkamp M (2013) How does fiction reading influence empathy? An experimental investigation on the role of emotional transportation. *PLoS ONE* 8(1): e55341. doi:10.1371/journal.pone.0055341
- Brown, B. (2019). Empathy. Retrieved from: https://brenebrown.com/wp-content/uploads/2020/01/Integration-Ideas_Empathy-2020.pdf
- Djikic, M., Oatley, K., & Moldoveanu, M. C. (2013). Reading other minds: Effects of literature on empathy. *Scientific Study of Literature*, 3, 28–47.
- Gentry, W. A., Weber, T. J., & Sadri, G. (2007). Empathy in the workplace: A tool for effective leadership. *A Center for Creative Leadership White Paper*.
- Ioannidou, F., & Konstantikaki, V. (2008). Empathy and emotional intelligence: What is it really about?. *International Journal of caring sciences*, 1(3), 118.
- Kidd, D. C., & Castano, E. (2013). Reading literary fiction improves theory of mind. *Science*, 342, 377-380. DOI: 10.1126/science.1239918.
- Mar, R. A., Oatley, K., & Peterson, J. B. (2009). Exploring the link between reading fiction and empathy: Ruling out individual differences and examining outcomes. *Communications*, 34(4), 407-428.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Somogyi, R. L., Buchko, A. A., & Buchko, K. J. (2013). Managing With Empathy: Can You Feel What I Feel? *Journal of Organizational Psychology*, 13(1/2), 32-42.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. John Wiley & Sons.
- Young, C. A., Haffejee, B., & Corsun, D. L. (2018). Developing cultural intelligence and empathy through diversified mentoring relationships. *Journal of Management Education*, 42(3), 319-346.



9 Developing Social Responsibility

- Bénabou, R., & Tirole, J. (2010). Individual and corporate social responsibility. *Economica*, 77(305), 1-19.
- Canney, N., & Bielefeldt, A. (2015). A framework for the development of social responsibility in engineers. *International Journal of Engineering Education*, 31(1B), 414-424.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Hersh, R. H., & Schneider, C. G. (2005). Fostering personal & social responsibility on college & university campuses. *Liberal Education*, 91(3), 6-13.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Secchi, D., & Bui, H. T. (2018). Group effects on individual attitudes toward social responsibility. *Journal of Business Ethics*, 149(3), 725-746.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.



10 Developing Problem Solving

- Calabretta, G., Gemser, G., & Wijnberg, N. M. (2017). The interplay between intuition and rationality in strategic decision making: A paradox perspective. *Organization Studies*, 38(3-4), 365-401.
- Caruso, D. R., & Salovey, P. (2004). *The emotionally intelligent manager: How to develop and use the four key emotional skills of leadership*. John Wiley & Sons.
- Centre for Creative Leadership. (n.d.). *Desperately seeking innovation*.
<https://www.ccl.org/multimedia/podcast/desperately-seeking-innovation/>
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Sayegh, L., Anthony, W. P., & Perrewé, P. L. (2004). Managerial decision-making under crisis: The role of emotion in an intuitive decision process. *Human Resource Management Review*, 14(2), 179-199.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- Tedx Talks. (2019, July 15). *Before you decide: 3 steps to better decision making | Matthew Confer* [Video]. YouTube. <https://www.youtube.com/watch?v=d7Jnmi2BkS8>



11 Developing Reality Testing

- Byron, K., & Landis, B. (2020). Relational misperceptions in the workplace: New frontiers and challenges. *Organization Science*, 31(1), 223-242.
- Caruso, D. R., & Salovey, P. (2004). *The emotionally intelligent manager: How to develop and use the four key emotional skills of leadership*. John Wiley & Sons.
- Clark, D. (2015, April 14). *How to see people as they really are*. Forbes.
<https://www.forbes.com/sites/dorieclark/2015/04/14/how-to-see-people-as-they-really-are/?sh=784453b270ab>
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- MHS Talent Development. (2018, April 2). *Reality testing in your college class* [Video]. YouTube.
https://www.youtube.com/watch?v=I9-Xri_aQA
- OWN. (2015, October 5). *Are you hooked on a false story | Oprah Winfrey Network* [Video]. YouTube.
<https://www.youtube.com/watch?v=5RsPjFnNdw4>
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.
- Xia, N., Wang, X., Griffin, M. A., Wu, C., & Liu, B. (2017). Do we see how they perceive risk? An integrated analysis of risk perception and its effect on workplace safety behavior. *Accident Analysis & Prevention*, 106, 234-242.



12 Developing Impulse Control

Centre for Creative Leadership. (n.d.). *6 aspects of political skill*. <https://www.ccl.org/articles/leading-effectively-articles/6-aspects-of-political-skill/>

Goleman, D. (1996). *Emotional intelligence*. Bloomsbury.

Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.

MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.

MHS Talent Development. (2016, Dec 22). *Are you an impulsive person?* [Video]. YouTube. <https://www.youtube.com/watch?v=jWPDbAuEVSI>

Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.

Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.

Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.

Tice, D. M., Bratslavsky, E., & Baumeister, R. F. (2001). Emotional distress regulation takes precedence over impulse control: If you feel bad, do it!. *Journal of Personality and Social Psychology*, 80(1), 53-67.



13 Developing Flexibility

- Calarco, A. (2020). Adaptable Leadership: What it takes to be a quick-change artist. *Center for Creative Leadership*, 1-14.
- Galleno, L., & Liscano, M. (2013). Revitalizing the self: Assessing the relationship between self-awareness and orientation to change. *International Journal of Humanities and Social Science*, 3(16), 62-71.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Horney, N., Pasmore, B. & O'Shea, T. (2010). Leadership agility: A business imperative for a VUCA world. *People and Strategy*, 33(4), 32-38.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- O'Connell, D. J., McNeely, E., & Hall, D. T. (2008). Unpacking personal adaptability at work. *Journal of Leadership & Organizational Studies*, 14(3), 248-259.
- Seibert, S. E., Kraimer, M. L., & Heslin, P. A. (2016). Developing career resilience and adaptability. *Organizational Dynamics*, 45(3), 245-257.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.



14 Developing Stress Tolerance

- Bostock, S., Crosswell, A. D., Prather, A. A., & Steptoe, A. (2019). Mindfulness on-the-go: Effects of a mindfulness meditation app on work stress and well-being. *Journal of Occupational Health Psychology, 24*(1), 127-138.
- Dijkstra, M., & Homan, A. C. (2016). Engaging in rather than disengaging from stress: Effective coping and perceived control. *Frontiers in Psychology, 7*, 1415.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Holman, D., Johnson, S., & O'Connor, E. (2018). Stress management interventions: Improving subjective psychological well-being in the workplace. *Handbook of Well-being*. Salt Lake City, UT: DEF Publishers. DOI: nobascholar.com.
- Holton, M. K., Barry, A. E., & Chaney, J. D. (2016). Employee stress management: An examination of adaptive and maladaptive coping strategies on employee health. *Work, 53*(2), 299-305.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Quick, J. C., & Henderson, D. F. (2016). Occupational stress: Preventing suffering, enhancing wellbeing. *International Journal of Environmental Research and Public Health, 13*(5), 459-470.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Tetrick, L. E., & Winslow, C. J. (2015). Workplace stress management interventions and health promotion. *Annual Review of Organizational Psychology and Organizational Behaviour, 2*(1), 583-603.



15 Developing Optimism

- Augusto-Landa, J. M., Pulido-Martos, M., & Lopez-Zafra, E. (2011). Does perceived emotional intelligence and optimism/pessimism predict psychological well-being? *Journal of Happiness Studies*, 12(3), 463-474.
- Flinchbaugh, C. L., Moore, E. W. G., Chang, Y. K., & May, D. R. (2012). Student well-being interventions: The effects of stress management techniques and gratitude journaling in the management education classroom. *Journal of Management Education*, 36(2), 191-219.
- Goleman, D. (1998). *Working with emotional intelligence*. Bloomsbury.
- Kluemper, D. H., Little, L. M., & DeGroot, T. (2009). State or trait: Effects of state optimism on job-related outcomes. *Journal of Organizational Behavior: The International Journal of Industrial, Occupational and Organizational Psychology and Behavior*, 30(2), 209-231.
- Ledgerwood, A. (May, 2013). *A simple trick to improve positive thinking*. [Video]. TED Conferences. https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking
- Malik, A. (2013). Efficacy, hope, optimism and resilience at workplace—positive organizational behavior. *International Journal of Scientific and Research Publications*, 3(10), 1-4.
- Malouff, J. M., & Schutte, N. S. (2017). Can psychological interventions increase optimism? A meta-analysis. *The Journal of Positive Psychology*, 12(6), 594-604.
- Medlin, B., & Green, K. W. (2009). Enhancing performance through goal setting, engagement, and optimism. *Industrial Management & Data Systems*, 109(7), 943-956.
- Meevissen, Y. M., Peters, M. L., & Alberts, H. J. (2011). Become more optimistic by imagining a best possible self: Effects of a two week intervention. *Journal of Behavior Therapy and Experimental Psychiatry*, 42(3), 371-378.
- MHS Staff. (2011). *Emotional Quotient Inventory 2.0 (EQ-i 2.0) Technical Manual*. Toronto: Multi-Health Systems Inc.
- Seligman, M. E. (2006). *Learned optimism: How to change your mind and your life*. Vintage.
- Stein, S. J. (2009). *Emotional Intelligence for dummies*. John Wiley & Sons.
- Stein, S. J., & Book, H. E. (2011). *The EQ edge: Emotional intelligence and your success*. (3rd Edition). John Wiley & Sons.
- Stein, S. J. (2017). *The EQ leader: Instilling Passion, Creating Shared Goals, and Building Meaningful Organizations through Emotional Intelligence*. (1st Edition). John Wiley & Sons.