



## **Resources for Coaches found in the Member Dashboard**

Coaches, let's take a look at our communication pillar and specifically the emotional intelligence competency. Emotional Intelligence has become a popular area of focus for coach education in recent years. The first video is recorded from the 2019 National Symposium and features Dr. Derek T.Y. Mann as he shares his vision of how understanding emotional intelligence can benefit training and performance. Dr. Mann also help write the Emotional Intelligence Skills Assessment which is available on Amazon.

The second resource is an excellent complement to Dr. Mann's presentation and is a recorded webinar from Human Kinetics featuring Dr. Jeffrey Huber. This webinar will help coaches recognize and understand the role of emotions and provide some tools for coaches to help their athletes.

For those wanting to dive even deeper into Emotional Intelligence be sure to check out Dr. Mann's *Emotional Intelligence Skills Assessment* or *Emotional Intelligence 2.0*.

## **Communication > Emotional Intelligence**

### **Resource 1:**

[Emotional Intelligence: The Pathway to Performance - Dr. Derek T.Y. Mann](#)

### **Resource 2:**

[The Emotional Athlete: Applying Emotional Theory in Coaching - Dr. Jeffrey Huber](#)

### **Resource 3:**

[Emotional Intelligence Skills Assessment\(EISA\) Self - by Stein, Mann, Papadogiannis, Gordon](#)

### **Resource 4:**

[Emotional Intelligence 2.0 - Travis Bradberry and Jean Greaves](#)