



The Learner's Toolkit: The Habits of Emotional Intelligence: Bk. 1: Student Workbook

By Jackie Beere, Ian Gilbert

Crown House Publishing. Paperback. Book Condition: new. BRAND NEW, The Learner's Toolkit: The Habits of Emotional Intelligence: Bk. 1: Student Workbook, Jackie Beere, Ian Gilbert, Outstanding companions to "The Learner's Toolkit - Teacher's Resource" (ISBN 9781845900700), these workbooks are designed for students to keep personal records of their work towards developing competencies in Learning, Emotional Intelligence and Values for Life. They are an outstanding resource for supporting the SEAL framework in secondary schools."The Learner's Toolkit Student Workbook 1: The Habits of Emotional Intelligence Workbook 1" includes lessons on: getting to know yourself; taking responsibility for your own life; building confidence; persistence and resilience; setting goals for life; controlling moods; caring for mind and body; optimism; stress management; thinking skills; and, communication and cooperation.



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