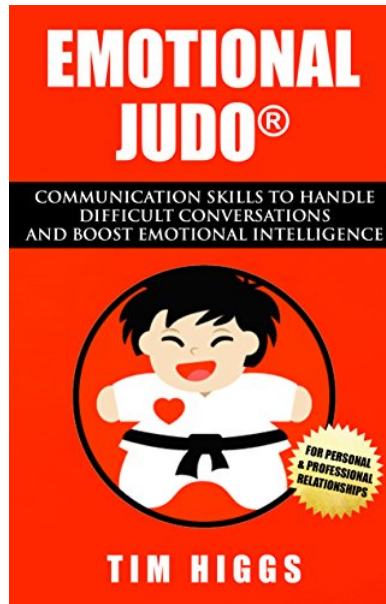


## bZ2MN [Download] Emotional Judo: Communication Skills to Handle Difficult Conversations and Boost Emotional Intelligence



**CONTINUE ►**

Difficult Conversations made Easy! If getting good results in high-stakes conversations is important to you. If you want the: \*self confidence to speak up in the face of intimidation \*self control to keep your cool and not injure your relationships and reputation \*influence to get people on side Get this book today! Learn the sneaky tactics people use when stakes are high in conversation. Find out how to counter them to get a desired outcome... and much more. Emotional Judo® is a set of 10 Easy to Learn and Memorable Communication Skills. The tools help you manage your own emotions and the emotions of others in difficult conversations, to know what to say and when. Hence, it helps boost your Emotional Intelligence. As well as skill instruction, there are real-life case studies of people who have used Emotional Judo® and overcome challenges in their personal or workplace relationships. There is also a cheat sheet to help you master the skills quickly. Ten Tools = Ten Outcomes: 1. Learn the hidden, crucial key to building winning relationships. Do an online assessment to identify your habits related to this key. Use this key to gain advantage in difficult conversations. 2. Assess your relationships through the five aspects of trust to build more trusting relationships. 3. Learn how to say "no", set your boundaries, negotiate, and resolve disagreements. 4. Bring up difficult subjects in a way that invites collaboration, minimizes push-back and conflict, and gains win/win outcomes. 5. If people do push back, manage that with ease. 6. Quickly assess whether now is the right time or situation to speak up. 7. Deal effectively with a bully or a person who is not respectful of your boundaries. 8. Have courage to call people on their unethical behavior to bring them into line. 9. Get very black and white people stuck to their viewpoint to see an alternative. 10. Build stronger relationships with people across generations and cultures. Buy this book today and gain self confidence, self control and influence in difficult conversations, through structure and knowing what to say at the right time.

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