

Resources + References for The Science of Emotional Intelligence and Well-being by Dr. Britt Andreatta

Instructions: Continue your learning by exploring these additional resources.

Opening:

- [What is EMDR?](#)
- [Brain spotting](#)
- [Types of cognitive processing therapy](#)

Well-Being in the Workplace

- McKinsey and Company: [Well-being in the Workplace](#)
- Great Place to Work: [Employee Well-being](#)
- Forbes: [The Future of Work is Worker Well-being](#)
- Forbes: [Why Boards and C-Suites Care About Employee Wellbeing](#)
- WTW: [Employee Well-being](#)
- Gallup: [What is Employee Wellbeing and Why Does it Matter?](#)
- Gallup: [State of the Global Workplace](#)
- Deloitte: [The C-suite's role in well-being](#)
- Forbes: [Marks of a Toxic Work Culture](#)
- APA: [Toxic Workplace](#)
- Sloan Review: [Toxic Culture is Driving the Great Resignation](#)
- HCA Mag: [9-10 Workers Have Had Toxic Managers](#)
- Business Insider: [Nearly 1/3 of American workers say that they seek therapy to cope with toxic bosses](#) (subscription required)
- Business Insider: [The Sunday Scaries](#) (subscription required)
- U.S Department of Health and Human Services: [The U.S. Surgeon General's Framework for Workplace Mental Health & Well-Being](#)

The Emotional Quotient

- Sixseconds: [State of the Heart 2024 Global Report](#)
- Harvard Business School: [Emotional Intelligence in Leadership](#)
- McKinsey Global Institute: Skill shift: [Automation and the Future of the Workforce](#)
- Very Well Mind: [Utilizing Emotional Intelligence in the Workplace](#)
- Natural HR: [Why is Emotional Intelligence Critical to HR](#)
- Career Builder: [Employers Value Emotional Intelligence over IQ](#)
- [Dr. Daniel Goleman](#)

The Brain Science of EQ

- Inc: [A Neuroscientist Explains the Truth of Emotional Intelligence](#)



- Book: [*The Emotional Brain: The Mysterious Underpinnings of Emotional Life*](#) by Joseph LeDoux
- Book: [*Emotional Intelligence: For a Better Life, Success at Work, and Happier Relationships. Improve Your Social Skills, Emotional Agility and Discover Why it Can Matter More Than IQ*](#) by Brandon Coleman
- Book: [*Master Your Emotions: Overcoming Negativity And Improving Emotional Management Review*](#) by Steven Stemshorn
- Book: [*Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*](#) by Brené Brown
- Medium: [Emotional Intelligence: Navigating the Power of Emotions in Human Nature and Actions](#)
- National Institute of Health: [Examining Brain Structures Associated With Emotional Intelligence and the Mediated Effect on Trait Creativity in Young Adults](#)
- Medium: [Emotional Intelligence: Navigating the Power of Emotions in Human Nature and Actions](#)

Self Awareness:

- Harvard Business Review: [What Self-Awareness Really Is \(and How to Cultivate It\)](#)
- Harvard Business Review: [Working with People Who Aren't Self-Aware](#)
- [Interactive Workbook: Calculating the Return on Investment \(ROI\) for Leader Training](#)

Self Control:

- Mindfulness and Clinical Psychology Solutions: [Understanding Your Window of Tolerance](#)
- [Dr. Dan Siegal](#)
- Healthline: [Hyper Arousal Therapy](#)
- Study: [Pandemic-Driven Posttraumatic Growth for Organizations and Individuals](#)
- Video: [How the Body Keeps Score](#) Bessel van der Kolk for Big Think+
- Book: [*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*](#) by Bessel van der Kolk
- Yang Sheng: [Meditation Can Change Your Brain for Better and Longer...](#)
- Book: [Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body](#) by Daniel Goleman
- [TedX Talk By Britt Andreatta](#)
- EMDR: [What is EMDR?](#)
- Article: [Brainspotting](#)
- Video: [6 Ways to Heal Trauma Without Medication](#)

Awareness of Others

- Center for Creative Leadership: [The Importance of Empathy in the Workplace](#)
- Harvard Business: [Why Emotional Intelligence is Important in Leadership](#)



- EY: [New EY US Consulting study: employees overwhelmingly expect empathy in the workplace, but many say it feels disingenuous](#)
- McKinsey: [It's Cool to be Kind: The Value of Empathy at Work](#)
- eGuide: [Autism @ Work Playbook](#)
- LinkedIn: [The Neurodiverse Empath Advantage](#)
- DDI: [Empathy the #1 Leadership Skill](#)

The Business Case for EQ Training

- Study: [The Cost of Low Emotional Intelligence](#)
- ATD: [The Case for a Coaching Culture](#)
- Survey: [The Great White Whale of Leadership Development](#)
- Harvard Business Review: [Emotional Intelligence in Leadership](#)
- Harvard Business Review: [The EI Advantage: Driving Innovation and Business Success through the Power of Emotional Intelligence](#)
- Niagara Institute: [Emotional Intelligence Statistics](#)
- Wiley: [Employee well-being outcomes from individual-level mental health interventions](#)
- Forbes: [Marks of a Toxic Work Culture](#)

Bring this training to your organization

- Contact JustinR@BA-Train.com Or schedule time [here](#)

Want to share this presentation with a friend or colleague?

- Free ATD Webinar on the Science of Emotional Intelligence & Well-Being. [Register here](#)

Feedback counts:

- Evaluation forms for this session are available via the mobile app and at the following link: <https://www.surveymagnet.com/Magnet3/login.asp?EventKey=QJYYGCDP>.

