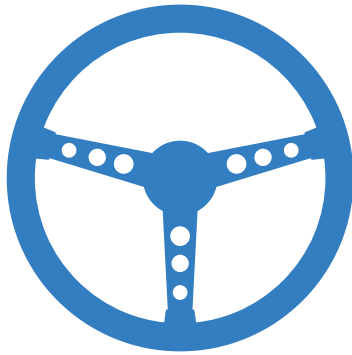


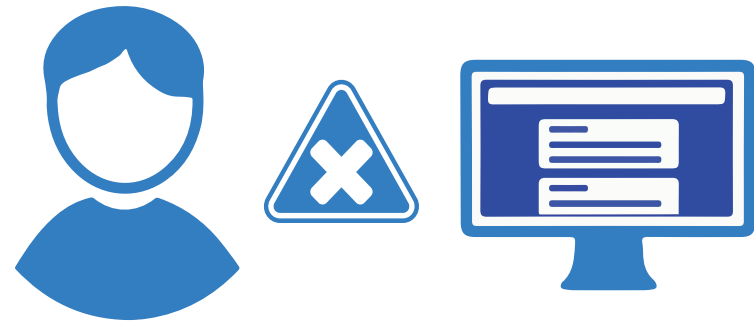
Emotional Intelligence - Improving Your Self-Control

Cheat Sheet

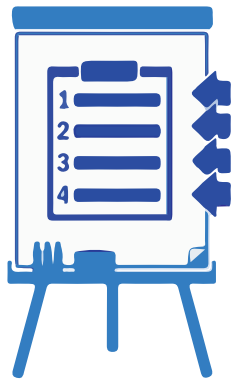
Managers Must Stay In Control Of Their Emotions



Reduce The Attraction Of Your Temptations



Stick To Your Plans



Plan Ahead How You Recover From Setbacks

