



Experiential Activities for Enhancing Emotional Intelligence

By Scott I. Goldsmith

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Comprehensive, user friendly, and just plain fun, this book brings experiential activities to the service of enhancing emotional intelligence. Designed for counseling professionals working with children and young adults, the book's activities unite the joy of adventure-based games with training in emotional awareness, behavioral control, and relationship skills—crucial building blocks for personal success. The contents include: an introduction to the program and its foundation in experiential counseling, adventure-based group work, and theories of emotional intelligence; over 150 experiential activities, all time-tested and specifically designed to enhance skills in emotional intelligence; a user-friendly format that lets readers quickly match games to participants, identify objectives, and find step-by-step guidance; multiple options for adapting activities and sequences to special-group needs; a wealth of facilitator supports, including activity tools, worksheets; strategies for engaging participants and debriefing activities; and three sample curricula for running anger-management, depression-support, or leadership training groups. Facilitators will find the activity sequences suitable for emotionally and behaviorally challenged youth as well as any participants seeking enhanced learning and personal growth. Filled with tried-and-true favorites and new approaches, the book offers everything from icebreakers and name games to low- and high-level initiatives and trust activities. Facilitators and participants are sure to find something that connects and promotes fun!

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Experiential Activities for Enhancing Emotional Intelligence By Scott I. Goldsmith Bibliography

- Sales Rank: #1111504 in Books
- Published on: 2014-09-15
- Number of items: 1
- Dimensions: 8.50" h x 1.42" w x 10.87" l, 2.50 pounds
- Binding: Paperback
- 490 pages



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Editorial Review

Review

Scott Goldsmith has taken two important topics, emotional intelligence and experiential learning, combined them, and created a road map that any facilitator can follow. --Jim Cain, PhD, Teamwork & Teamplay author of Teamwork & Teamplay and Rope Games

Experiential Activities for Enhancing Emotional Intelligence is truly a guide to move groups of learners into action. Building from a strong foundation in experiential counseling, Goldsmith articulates practical strategies for explaining, experiencing, and enhancing emotional intelligence. A valuable treasure trove of tested activities that will be reliable for lifetimes. --Chris Cavert, EdD, Assistant Professor, Northeastern Illinois University experiential educator, author and trainer

Scott Goldsmith's book Experiential Activities for Enhancing Emotional Intelligence is an amazing compilation of experiential therapeutic activities for young people. He takes his concept of the three Keys to Success and weaves them into a multimodal approach to facilitate emotional growth and skill building for youth and young adults. --Laura M.I. Saunders, PsyD, ABPP Licensed Psychologist, Board Certified in Clinical Psychology Young Adult Services, Institute of Living, Hartford Hospital

About the Author

Scott I. Goldsmith, M.S., LPC, is the school psychologist at Manchester Regional Academy, an alternative school for students with emotional and behavioral difficulties. He is also a licensed counselor, owner of the team-building and experiential training group Outside the Box Experiential, LLC, and the co-coordinator of the Manchester Ropes Challenge Course. Scott has created and facilitated adventure programs, trainings, and workshops for diverse groups of corporate, community, mental health, and educational organizations. Known for his passion, charisma, humor, and creativity, Scott's ability to quickly and effectively create community and help others elevate to a higher self has been experienced in numerous workshops at local, state, regional, and national conferences. A professional musician and a black belt in tae kwon do, Scott constantly seeks out physical and mental challenges that foster personal and professional growth for himself and others around him. Scott lives in Connecticut with his wife and three daughters.

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