



BUILDING EMOTIONAL INTELLIGENCE
Techniques to Cultivate Inner Strength in Children

LINDA LANTIERI

Introduction and practices on CD by Daniel Goleman

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Interview Questions for Linda Lantieri

- How do you know if your child copes poorly with stress?
- What are the primary sources of childhood stress?
- How about for teens?
- Why is it important to have inner mechanisms to manage stress?
- Why is unmanaged stress frequently perceived as inappropriate behavior?
- What do you consider to be the true source of inner strength in children?
- What is resilience? Why is it important?
- Why do some children have it and others don't?
- What's the best way for parents to help their children develop inner resources?
- Why is designated "quiet time" with children important?
- How does stress affect learning?
- What are the five basic competencies of emotional intelligence?
- Why are family rituals and routines important?
- You describe two key strategies for building emotional resilience: getting relaxed and paying attention. How difficult is it to teach these skills to children?
- What does it mean to "pay attention?" How is that an emotional skill?
- What's the best way to help a child who witnesses violence?
- Can you give an example of an exercise that helps a child relax?

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