Booklist

A short list of recommended books.

**Emotional Intelligence (EQ)**

- “*Working with Emotional Intelligence*” by Daniel Goleman.
  Covering the five EQ dimensions, with practical tips to improve yours. This book is much better than his book on EQ first published in the 90s

- “*Go such a lemon: Strategies for improving your EQ*” by Michael Cornwall
  Based on real life experiences a simple, basic guide. A bit in your face and audio book annoying as constant music in background.

- “*Emotional Intelligence Activity Book – 50 activities for promoting EQ at work*” by Adel Lynn
  Heaps of practical activities to do personally or with your team.

- “*Emotional Intelligence Coaching*” by Stephen Neale, Lisa Spencer-Arnell and Liz Wilson
  Filled with practical activities and case studies

**Cultural Intelligence (CQ)**

- “*Leading with Cultural Intelligence – The new secret to success*” by David Livermore
  A broad understanding of CQ and cultural values and how to use this to lead organisations/teams.

- “*Driven by Difference – How great companies fuel innovation through diversity*” by David Livermore
  Following the previous book (though can be read independently). How to link diversity to innovation.

- “*Say anything to anyone, anywhere – 5 Keys to successful cross-cultural communication*” by Gayle Cotton
  A practical guide with descriptive behaviour for doing business globally.

- “*Cultures and Organizations – software of the mind*” by Geert Hofstede, Gert Jan Hofstede and Michael Minkov
  Over 500 pages in an academic writing style. A great baseline book to get a broad cultural understanding.

  An academic writing style, filled with case studies and examples of dealing with specific cultural groups. Written from an American angle.