



Cómo ser un líder

Daniel Goleman

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Daniel Goleman, psicólogo y periodista, ha dedicado más de dos décadas a investigar los avances científicos en busca de todo aquello que sea novedoso, importante y útil para nuestro desarrollo personal y profesional.

Este nuevo libro, en la estela de *El cerebro y la inteligencia emocional* (Ediciones B, 2012) y *Liderazgo* (Ediciones B, 2013), compila los artículos más buscados e innovadores de la *Harvard Business Review* y otras revistas de negocios.

Este volumen refleja la evolución del pensamiento de Goleman sobre la inteligencia emocional, el seguimiento de las últimas investigaciones neurocientíficas sobre la dinámica de las relaciones y los datos más recientes sobre el impacto que tiene la inteligencia emocional en la línea de fondo de una organización empresarial.

Este material, muy citado y de demostrada efectividad, se ha convertido en una lectura esencial para los dirigentes, coaches y educadores comprometidos con el fomento de la buena gestión, así como para aumentar el rendimiento y la innovación empresarial.

Cómo ser un líder Details

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From Reader Review Cómo ser un líder for online ebook

Jose Torroja ribera says

Interesante y útil.

Patty says

Nice audio book. A good combination of, "Am I doing that? I think I am." and "Oh, I really need to work on that!"

SJ Loria says

What Makes a Leader?

The title of this paper is incorrect, it should instead be called What Makes a Great Leader. The author begins by listing some threshold capabilities to reach the top: intelligence, toughness, determination, and vision. People typically list these as what makes a leader, but the author takes this one step further, adding a trait that distinguishes the best leaders. In this review I hope to introduce the essential trait for excellent leaders, quickly explain its five main components, discuss personal choice, and finally discuss what I am very much enjoying about the realm of business.

You have to possess the threshold capabilities to be a leader, but the best leaders also excel in another area – emotional intelligence. Emotional intelligence has five components and also a very important feature – it can be improved. Won't be easy to improve in the area of emotional intelligence, but like any other trait it can be improved through study, commitment, practice and honest feedback.

Briefly, the five components and some of their features. The first component of emotional intelligence is self-awareness, the old know thyself mantra. Recognizing strengths and weaknesses, understanding what motivates you and being careful to align your principals with a likeminded organization, being open to feedback and constructive criticism and knowing when to ask for help. Second, self-regulation, controlling emotions to channel them into useful outlets. This is interesting, it's important to be passionate, but equally important not to explode with your passion on others without first stepping back and evaluating things. It links itself to integrity and thoughtfulness. Third, motivation. Intrinsic motivation to simply achieve coupled with unflagging energy to do things better. Fourth, empathy, taking into account other people's feelings while making decisions, knowing when to push and when to pull back. Finally, social skill, knowing how to move people in a desired direction. Empathy is more individualized, social skill applies to groups.

How important to point out that it is through practice, actions, that one can improve in this trait. I feel this brings up the issue of personal responsibility and the power of action to the forefront. No pointing fingers to outside social factors, nope. It's about getting shit done by choosing to do things. Period. The issue of personal responsibility, coupled with intelligent people exchanging ideas, is one of the things that I am most enjoying about the business environment. The conversation is heightened, much more cerebral than my previous career. This I like, very much so.

Quotes:

Emotional intelligence played an increasingly important role at the highest levels of the company.

Nothing great was ever achieved without enthusiasm. – Ralph Waldo Emerson

Those with leadership potential are motivated by a deeply embedded desire to achieve for the sake of achievement... The first sign is passion for creative challenges, love to learn and take great pride in a job well done. They display an unflagging energy to do things better. People with such energy often seem restless

with the status quo.

Social skill is friendliness with a purpose: moving people in the direction you desire, whether that's agreement on a new marketing strategy or enthusiasm about a new product...a knack for building rapport and building bonds widely.

Nathaly says

Táto kniha sa nedá hviezdítkovo hodnotiť, no obsahuje cenné rady aplikovateľné v pracovnej sfére, ale aj v súkromnej.

Pavel says

Easy to read book about how to be good leader (and what type), how to handle most common situations as a leader and act to people in general.

Diana L Sepulveda says

Una recopilación de diferentes escritos de Goleman sobre el mismo tema: el liderazgo y la inteligencia emocional.

Fue una lectura entretenida en algunas partes, y lenta en otra, pero bastante útil en su totalidad. Aprendí algunas cosas nuevas, tras años de no leer ninguna obra del autor.

Armen Chakmakjian says

This was a good short take on my kindle. It sort of summarizes the emotional intelligence work that Daniel Goleman writes on extensively in his other works.

I'd recommend it to anyone looking inward and trying to figure out how to lead people.

Adrian says

It is not really a book per se, but a collection of separate articles. Sometimes, it lacks coherence from one article to another. I think this was the author's way to make money without really writing a new book. I wouldn't say all the chapters/ articles are useless. A few of them are interesting. But all in all this is not a real book and it's not worth buying it. I'll probably return it to Apple iBook store and get my money back (mind you, if you buy it on Apple iBooks, the reading is annoying, as the chapters are not even properly organised).

Cesar Palerm says

The selection of articles in this book provides a good overview of the different aspects of emotional intelligence as it relates to leadership. I found it to be a great starting point and it has whetted my appetite to dive in deeper into the topic.

Sean says

Audiobook. Quick to the point. Solid applicable content and summary of subject which was fine for someone not interested in getting a PhD.

Oxana Gutu says

Emotional intelligence (EI) is a concept that slowly but surely gets into the pragmatic business world and management quarters. EI is defined by the author as the ability to read and understand emotions in ourselves and in others and to handle those feelings effectively.

It is a valuable book to me also for development management involving international teams spread over many countries.

The book explains why IQ is important to get a management job and why to keep it EI takes over.

Bruce Flanagan says

Loved the book. I agreed with most but hard to take from Jack Welsh

Lisa says

Good one. I'm a fan of Daniel Goleman as an emotional intelligence expert. Then you add in Jack and Suzy Welch. It's the perfect combination of practical thoughts + academic ones.

Jason says

Intriguing conversation between Jack and Suzy Welch and Daniel Goleman.
