

Daniel Goleman

Quotes

*Emotional, Empathy, People, Thinking, Skills, Teacher, Self, Children, Jobs,
Attention, Focus, Mind, Emotion, Practice, Stress, School, Needs, Brain,
Leadership, Compassion*

True compassion means not only feeling another's pain but also being moved to help relieve it.

~Daniel Goleman

Research shows that for jobs of all kinds, emotional intelligence is twice as important an ingredient of outstanding performance as cognitive ability and technical skill combined.

~Daniel Goleman

One way to boost our will power and focus is to manage our distractions instead of letting them manage us.

~Daniel Goleman

Simple inattention kills empathy, let alone compassion. So the first step in compassion is to notice the other's need. It all begins with the simple act of attention.

~Daniel Goleman

There is perhaps no psychological skill more fundamental than resisting impulse.

~Daniel Goleman

There is zero correlation between IQ and emotional empathy... They're controlled by different parts of the brain.

~Daniel Goleman

Empathy represents the foundation skill for all the social competencies important for work.

~Daniel Goleman

As much as 80% of adult "success" comes from EQ.

~Daniel Goleman

One aspect of a successful relationship is not just how compatible you

are, but how you deal with your incompatibility.

~Daniel Goleman

My hope was that organizations would start including this range of skills in their training programs - in other words, offer an adult education in social and emotional intelligence.

~Daniel Goleman

When the eyes of a woman that a man finds attractive look directly at him, his brain secretes the pleasure-inducing chemical dopamine - but not when she looks elsewhere.

~Daniel Goleman

The best leaders don't know just one style of leadership—they're skilled at several, and have the flexibility to switch between styles as the circumstances dictate.

~Daniel Goleman

Compassion begins with attention.

~Daniel Goleman

Directing attention toward where it needs to go is a primal task of leadership.

~Daniel Goleman

Societies can be sunk by the weight of buried ugliness.

~Daniel Goleman

Emotional intelligence begins to develop in the earliest years. All the small exchanges children have with their parents, teachers, and with each other carry emotional messages.

~Daniel Goleman

When we focus on others, our world expands.

~Daniel Goleman

I would say that IQ is the strongest predictor of which field you can get into and hold a job in, whether you can be an accountant, lawyer or nurse, for example.

~Daniel Goleman

Like secondhand smoke, the leakage of emotions can make a bystander an innocent casualty of someone else's toxic state.

~Daniel Goleman

Doggedness depends on emotional traits - enthusiasm and persistence in the face of setbacks - above all else.

~Daniel Goleman

The book is a dialogue between The Dalai Lama and a group of scientists about how we can better handle our destructive emotions and how to overcome them.

~Daniel Goleman

Emotional self-control-- delaying gratification and stifling impulsiveness-- underlies accomplishment of every sort

~Daniel Goleman

The basic premise that children must learn about emotions is that all feelings are okay to have; however, only some reactions are okay.

~Daniel Goleman

Empathic, emotionally intelligent work environments have a good track record of increasing creativity, improving problem solving and raising productivity.

~Daniel Goleman

In a very real sense we have two minds, one that thinks and one that

feels

~Daniel Goleman

Green is a process, not a status. We need to think of 'green' as a verb, not an adjective.

~Daniel Goleman

Whenever we feel stressed out, that's a signal that our brain is pumping out stress hormones. If sustained over months and years, those hormones can ruin our health and make us a nervous wreck.

~Daniel Goleman

We need to re-create boundaries. When you carry a digital gadget that creates a virtual link to the office, you need to create a virtual boundary that didn't exist before.

~Daniel Goleman

We learn best with focused attention. As we focus on what we're learning, the brain maps that information on what we already know making new neural connections

~Daniel Goleman

Mindful meditation has been discovered to foster the ability to inhibit those very quick emotional impulses.

~Daniel Goleman

Our passions, when well exercised, have wisdom; they guide our thinking, our values, our survival.

~Daniel Goleman

Gifted leadership occurs when heart and head--feeling and thought--meet. These are the two winds that allow a leader to soar.

~Daniel Goleman

CEOs are hired for their intellect and business expertise - and fired for a lack of emotional intelligence.

~Daniel Goleman

Our genetic heritage endows each of us with a series of emotional set-points that determines our temperament. But the brain circuitry involved is extraordinarily malleable; temperament is not destiny.

~Daniel Goleman

When I say manage emotions, I only mean the really distressing, incapacitating emotions. Feeling emotions is what makes life rich. You need your passions.

~Daniel Goleman

Scheduling down time as part of your routine is hard but worth it, personally, even professionally.

~Daniel Goleman

I think the smartest thing for people to do to manage very distressing emotions is to take a medication if it helps, but don't do only that. You also need to train your mind.

~Daniel Goleman

Once shoppers become empowered, we will facilitate industries thinking in completely new terms; for example, making products that are totally biodegradable.

~Daniel Goleman

When the darkness is seen as a necessary prelude to the creative light, one is less likely to ascribe frustration to personal inadequacy or label it as bad.

~Daniel Goleman

A leader tuned out of his internal world will be rudderless; one blind to

the world of others will be clueless; those indifferent to the larger systems within which they operate will be blindsided.

~Daniel Goleman

Remember, empathy need not lead to sympathetically giving in to the other side's demandsâ€”knowing how someone feels does not mean agreeing with them.

~Daniel Goleman

Emotions are contagious. We've all known it experientially. You know after you have a really fun coffee with a friend, you feel good. When you have a rude clerk in a store, you walk away feeling bad.

~Daniel Goleman

Leaders with empathy do more than sympathize with people around them: they use their knowledge to improve their companies in subtle, but important ways.

~Daniel Goleman

Positive work environments outperform negative work environments.

~Daniel Goleman

Empathy and social skills are social intelligence, the interpersonal part of emotional intelligence. That's why they look alike.

~Daniel Goleman

Making choices that improve things for all of us on the planet is an act of compassion, a simple act we can do any time we go shopping.

~Daniel Goleman

Whoever has the mind to fight has broken his connection with the universe. If you try to dominate people you are already defeated. We study how to resolve conflict, not how to start it.

~Daniel Goleman

The emotional brain responds to an event more quickly than the thinking brain.

~Daniel Goleman

A prerequisite to empathy is simply paying attention to the person in pain.

~Daniel Goleman

The amygdala in the emotional center sees and hears everything that occurs to us instantaneously and is the trigger point for the fight or flight response.

~Daniel Goleman

But there has also been a notable increase in recent years of these applications by a much wider slice of psychotherapists - far greater interest than ever before.

~Daniel Goleman

Motivation aside, if people get better at these life skills, everyone benefits: The brain doesn't distinguish between being a more empathic manager and a more empathic father.

~Daniel Goleman

Threats to our standing in the eyes of others are remarkably potent biologically, almost as powerful as those to our very survival.

~Daniel Goleman

People tend to become more emotionally intelligent as they age and mature.

~Daniel Goleman

Emotional self-awareness is the building block of the next fundamental emotional intelligence: being able to shake off a bad mood.

~Daniel Goleman

We should spend less time ranking children and more time helping them to identify their natural competencies and gifts, and cultivate those.

~Daniel Goleman

Overloading attention shrinks mental control. Life immersed in digital distractions creates a near constant cognitive overload. And that overload wears out self-control.

~Daniel Goleman

Western business people often don't get the importance of establishing human relationships.

~Daniel Goleman

The people we get along with, trust, feel simpatico with, are the strongest links in our networks

~Daniel Goleman

The social brain is in its natural habitat when we're talking with someone face-to-face in real time.

~Daniel Goleman

Daydreaming incubates creative discovery.

~Daniel Goleman

If you are doing mindfulness meditation, you are doing it with your ability to attend to the moment.

~Daniel Goleman

If you do a practice and train your attention to hover in the present, then you will build the internal capacity to do that as needed - at will and voluntarily.

~Daniel Goleman

When I went on to write my next book, *Working With Emotional Intelligence*, I wanted to make a business case that the best performers were those people strong in these skills.

~Daniel Goleman

Happy, calm children learn best

~Daniel Goleman

IQ and technical skills are important, but emotional intelligence is the sine qua non of leadership.

~Daniel Goleman

Life without passion would be a dull wasteland of neutrality, cut off and isolated from the richness of life itself.

~Daniel Goleman

Attention is a little-noticed and underrated mental asset.

~Daniel Goleman

In a high-IQ job pool, soft skills like discipline, drive and empathy mark those who emerge as outstanding.

~Daniel Goleman

The near cousin of optimism is hope: knowing the steps needed to get to a goal and having the energy to pursue those steps. It is a primal motivating force, and its absence is paralyzing.

~Daniel Goleman

The more socially intelligent you are, the happier and more robust and more enjoyable your relationships will be.

~Daniel Goleman

Risk taking and the drive to pursue innovative ideas are the fuel that stokes the entrepreneurial spirit.

~Daniel Goleman

The human brain is by no means fully formed at birth. It continues to shape itself through life, with the most intense growth occurring during childhood.

~Daniel Goleman

People learn what they want to learn. If learning is forced on us, even if we master it temporarily, it is soon forgotten.

~Daniel Goleman

Teachers need to be comfortable talking about feelings.

~Daniel Goleman

Who does not recall school at least in part as endless dreary hours of boredom punctuated by moments of high anxiety?

~Daniel Goleman

Evolutionary theory holds that our ability to sense when we should be suspicious has been every bit as essential for human survival as our capacity for trust and cooperation.

~Daniel Goleman

It is difficult to spread the contagion of excitement without having a sense of purpose and direction.

~Daniel Goleman

Fear, in evolution, has a special prominence: perhaps more than any other emotion it is crucial for survival.

~Daniel Goleman

The more time you put into practicing, then, the greater the payoff.

~Daniel Goleman

At last, psychology gets serious about glee, fun, and happiness. Martin Seligman has given us a gift—a practical map for the perennial quest for a flourishing life.

~Daniel Goleman

For the High Achievers, Studying Gave Them The Pleasing, Absorbing Challenge of Flow Percent of the Hours They Spent as It.

~Daniel Goleman

While there I began to study the Asian religions as theories of mind.

~Daniel Goleman

Smart phones and social media expand our universe. We can connect with others or collect information easier and faster than ever.

~Daniel Goleman

Reducing the economic gap may be impossible without also addressing the gap in empathy.

~Daniel Goleman

Sheree Conrad and Michael Milburn bring a much-needed sanity to that confusing and unruly terrain, our sexual lives/

~Daniel Goleman

For better or worse, intelligence can come to nothing when emotions hold sway.

~Daniel Goleman

I don't think focus is in itself ever a bad thing. But focus of the wrong kind, or managed poorly, can be.

~Daniel Goleman

Feelings are self-justifying, with a set of perceptions and "proofs" all their own.

~Daniel Goleman

Well, any effort to maximize your potential and ability is a good thing.

~Daniel Goleman

But the rational mind usually doesn't decide what emotions we "should" have !

~Daniel Goleman

However, I began meditating at about that time and have continued on and off over the years.

~Daniel Goleman

The emotional brain is highly attuned to symbolic meanings and to the mode Freud called the 'primary process' - the messages of metaphor, story, myth, the arts.

~Daniel Goleman

Simply paying attention allows us to build an emotional connection. Lacking attention, empathy hasn't a chance.

~Daniel Goleman

Shipping by sea produces 1/60 the emissions of shipping by air and about 1/5 that of trucking.

~Daniel Goleman

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