

USEFUL RESOURCES

1

EMOTIONAL INTELLIGENCE

- Daniel Goleman's Emotional Intelligence Coaching Certification Program: <http://www.danielgoleman.info>
- Key Step Media: <https://www.keystepmedia.com>
- Six Seconds – The Emotional Intelligence Network: <https://www.6seconds.org>
- The Collaborative for Academic, Social, and Emotional Learning (CASEL): <https://casel.org>
- Wisdom Labs: <https://wisdomlabs.com>
- Search Inside Yourself Leadership Institute: <https://siyli.org/es>
- What's your Emotional Style? <https://centerhealthyinds.org/join-the-movement/whats-your-emotional-style>
- Search Inside Yourself Program Impact Report: <https://siyli.org/approach/results>

2

NONVIOLENT COMMUNICATION

- The Center of Nonviolent Communication: <https://www.cnvc.org>
- NVC Workshop by Marshall Rosenberg on Youtube: <https://www.youtube.com/watch?v=I7TONauJGfc>
- Cascadia Workshops: <http://cascadiaworkshops.com>

3

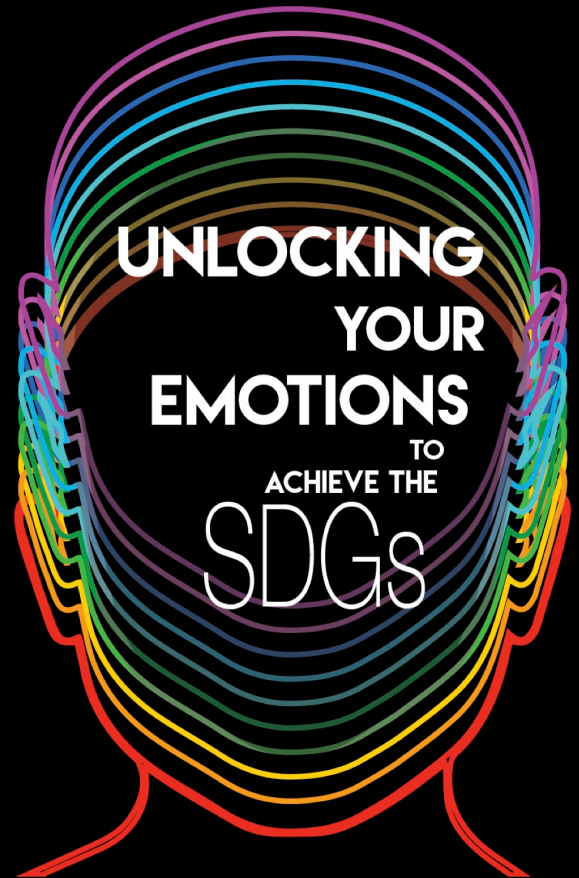
MINDFULNESS

- Mindfulness into School Project: <https://mindfulnessinschools.org>
- Mindful Schools: <https://www.mindfulschools.org>
- Mindful: <https://www.mindful.org>
- Oxford Mindfulness Centre: <http://oxfordmindfulness.org>
- The Mindfulness Summit: <https://thefmindfulnesssummit.com>
- Mindfulness: Finding Peace in a Frantic World, Breathing Meditations: <http://franticworld.com/aob>
- SIYLI's guided meditations: <https://siyli.org/resources/category/guided-meditation>
- Webinar "Growing Mindfulness Within Organizations": <https://siyli.org/online-event/organizations>
- Mindfulness Champions at Organizations: <https://siyli.org/resources/mindfulness-champions>
- Mindful Nation UK & Building the Case for Mindfulness in the Workplace: <http://www.themindfulnessinitiative.org>

4

OTHERS

- World Happiness Report 2018: <https://worldhappiness.report/ed/2018/>
- WHO Comprehensive Mental Health Action Plan 2013–2020: https://www.who.int/mental_health/action_plan_2013/en/
- SURF Survivors Fund: <https://survivors-fund.org.uk/>
- Genocide Survivors Foundation: <https://genocidesurvivorsfoundation.org/>



BOOKS

- *Emotional Intelligence in Education, Integrating Research with Practice* by Keefer, Kateryna V., Parker, James D. A., Saklofske, Donald H. (Eds.) (2018)
- *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn (2017)
- *Mindfulness: Finding Peace in a Frantic World* by Mark Williams and Danny Penman (2013)
- *A long way gone* by Ishmael Beah (2007)
- *The Road of Lost Innocence* by Somaly Mam (2005)
- *Helping Children Cope with Disasters and Terrorism* by Annette M. La Greca (2002)
- *Social Intelligence* by Daniel Goleman (2002)
- *Sex Slaves, the trafficking women in Asia* by Louise Brown (2000)
- *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman (1995)
- *Multiple Intelligences* by Howard Gardner (1983)
- *Whole-Hearted Parenting: How to Use Emotional Intelligence to Create More Peace, Connection and Joy* by Joshua Freedman (2016)