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For Immediate Release

Des Moines, IA

## Emotional Intelligence Leadership Resources' Founder Launches Third Book

*How to Be an Emotionally Intelligent Leader by Cheryl O'Donoghue*

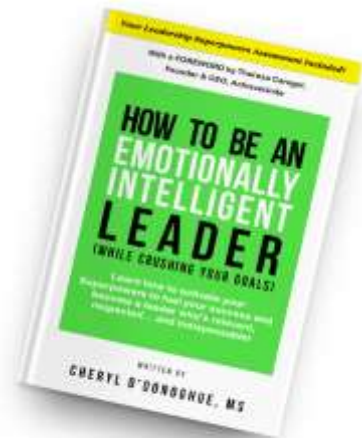
*is now available on Amazon*

**May 29, 2020.** With the demand for emotional intelligence skills set to increase six-fold in 3-5 years according to recent research by Capgemini, the need for emotionally intelligent leaders is on the rise. The new book [\*How to Be an Emotionally Intelligent Leader \(While Crushing Your Goals\)\*](#) was created to “help you unlock the best kept secret to a long and prosperous career—your own emotional intelligence—and how you can use it to lead yourself and those around you in a way that makes you relevant, respected, and indispensable.”

To accomplish this goal, longtime executive, author, and founder of Emotional Intelligence Leadership Resources, Cheryl O'Donoghue, has created a unique business guide which features compelling storytelling from twenty leaders of different ages and backgrounds, an eye-opening “superpowers” self-assessment, and plenty of intriguing exercises to:

- Discover your unique emotional intelligence leadership superpowers
- Gain important insights into how your superpowers work for you
- Learn how to develop and amplify your superpowers to overcome obstacles and achieve your goals with greater ease and confidence
- Customize your own personal plan to raise your leadership game and feel more fulfilled and satisfied with your work

While some books on emotional intelligence development are more theoretical and complex, this one breaks the mold. It is wildly illuminating, fun, practical, and actionable. “I wanted to create a leadership transformation guide that people would find tremendous value in reading time and time again, yielding new insights and action plans as they evolve and become more



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and more emotionally intelligent," says O'Donoghue.

It appears O'Donoghue's efforts may have hit the mark.

"Emotional intelligence is rapidly being recognized as one of our most important relationship skills, and with *How to be an Emotionally Intelligent Leader*, author Cheryl O'Donoghue cements her status as an expert on this subject," says one of the book's early reviewers, Nate Westre from MMIT Business Solutions Group. "Cheryl explains emotional intelligence in simple terms and provides easy-to-follow steps and valuable techniques to develop and grow our own EQ. I enjoyed the techniques she shared to raise self-awareness and break down emotional barriers that can slow our professional progress. And using Cheryl's included checklists and worksheets to track and measure our emotional intelligence growth will have us all raising emotional intelligence leadership abilities in no time!"

"This is my third book which delves into emotional intelligence but the first that is more intentionally designed as a workbook to guide the reader's individualized development," says O'Donoghue. "There is no single formula for being an emotionally intelligent leader. Your emotional intelligence leadership can be expressed in a combination of ways as unique as you. Your mission is to understand WHAT emotional intelligence leadership attributes you possess and HOW you activate those attributes as you lead yourself and others each day. Therein lies the secret of your own success and the greatest wisdom of all."

All royalties earned from O'Donoghue's books go to the charitable nonprofit Mission Sisters Who Work ([missionsisterswhowork.org](http://missionsisterswhowork.org)). Mission Sisters provides women self-empowerment and emotional intelligence books and training, as well as scholarships needed to help take charge of their lives, so they are well-equipped to close their own gender, opportunity, and pay gaps. The organization has a special focus on serving women from underprivileged communities interested in business or STEM careers.

## More About...

Emotional Intelligence Leadership Resources ([EiLeadershipResources.com](http://EiLeadershipResources.com)) exists to help transform organizations and individuals through emotional intelligence leadership training, books, communications, and coaching. Ei Leadership Resources was founded by longtime organizational development executive, author, and emotional intelligence leadership champion, Cheryl O'Donoghue, M.S. Cheryl has written three books featuring emotional intelligence leadership—*How to Be an Emotionally Intelligent Leader (While Crushing Your Goals)*; *How to Be a Woman in Technology (While Focusing on What Matters Most)*; and *How to Be a Woman in Business (While Being True to Yourself)*. O'Donoghue is committed to the advancement of women in the workplace through professional development and education. In 2017 she co-founded the 501(c)(3) humanitarian organization Mission Sisters Who Work (newly renamed [Aspire2STEAM.org](http://Aspire2STEAM.org)). Each year, at least ten percent of profits from Ei Leadership Resources and all royalties earned from O'Donoghue's three books go to fund [Aspire2STEAM.org](http://Aspire2STEAM.org) scholarships to young women and girls in need so they overcome barriers and completed their STEAM-related education. Learn more about Ei Leadership Resources at [EiLeadershipResources.com](http://EiLeadershipResources.com) or contact [info@EiLeadershipResources.com](mailto:info@EiLeadershipResources.com).

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