

**Articles, books, trainings and seminars concerning the topic “Emotional Literacy”  
in Bulgaria**

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## 1. Press articles concerning the topic “Emotional literacy”

1.1. Valeva Ana, “E. I. - Emotional Literacy or Emotional Illiteracy?”, Inspire Learning, August 18, 2009,

<http://www.inspirelearning.net/2009/08/%D0%B5%D0%BC%D0%BE%D1%86%D0%B8%D0%BE%D0%BD%D0%B0%D0%BB%D0%BD%D0%B0%D0%B8%D0%BD%D1%82%D0%B5%D0%BB%D0%B8%D0%B3%D0%B5%D1%82%D0%BD%D0%BE%D1%81%D1%82-%D0%B8%D0%BB%D0%B8-%D0%BD%D0%B5%D0%B3%D1%80%D0%B0/>

The article discusses the need to share emotions and suggests approaches for their proper expression and communication with others.

1.2. “Test for emotional literacy”, <http://teacher.bg/cs/blogs/julia1313/archive/2009/07/23/27689.aspx>

Short test, developed under the methodology of Robert Wood and H. Toley, intended for self-assessment of emotional literacy.

1.3. Dobрева Yuliyana, “The emotional literacy of our children”, March 2008, [http://www.sharenobg.com/detema/emocionalna\\_intelignentnost.php](http://www.sharenobg.com/detema/emocionalna_intelignentnost.php)

The paper, developed by psychologist and human resources manager Juliana Dobрева presents basic understanding of the terms "emotional literacy" and "emotional competence" and suggests ways for the formation of emotional intelligence in children.

1.4. Online Directory "BGstuff.net", "Management skills and emotional literacy", <http://www.bgstuff.net/biznes-i-pari/5839-rakovodni-umeniya-i-emotzionalna-intelignentnost>

The article examines emotional literacy, especially those aspects that are needed to improve the leadership skills, effectiveness and motivation of the team.

1.5. Simeonova Denislava, “Train emotional intelligent employees”, newspaper “Karieri”, May 18, 2006,

[http://www.karieri.bg/karieri/management/261528\\_vuzpitavaite\\_emocionalno\\_intelignentni\\_slujiteli/](http://www.karieri.bg/karieri/management/261528_vuzpitavaite_emocionalno_intelignentni_slujiteli/)

The article discusses the importance of emotions for the proper and efficient working process and suggests methods for managing the emotions of employees by management staff.

1.6. "The body language and the emotional literacy during presentation", <http://www.moby2.com/other/articles/moby2-lang.pdf>

The article discusses the emotional literacy as a tool for successful delivery of presentation.

1.7. Banov Vladimir, "The cognitive therapy and the emotional literacy", <http://psychonomy.atSPACE.com/An%20intro/emotional-q.htm>

The article examines the relationship between the terms "cognitive therapy" and "emotional literacy" presents the benefits of the development of emotional intelligence and its manifestations in the behaviour of others.

1.8. "Test: Assess your emotional literacy", Manager Magazine, November 11, 2009, <http://www.manager.bg/news/test-otsenete-svoyata-emotsionalna-inteligenost>

1.9. Valchev, "Awareness (Emotional literacy)", November 23, 2010, <http://eobshtestvo.com/index.php/chovek/87-osaznavane-emotsionalna-inteligenost>

The article presents the need for pathways expressing feelings of stress management, offers opportunities for their grading and prognosis.

1.10. Mersin Emin, "Leadership styles and emotional literacy of the manager", "Monthly journal of psychology", September 5, 2010, [http://psychologyjournalbg.com/index.php?option=com\\_content&task=view&id=896&Itemid=29](http://psychologyjournalbg.com/index.php?option=com_content&task=view&id=896&Itemid=29)

The article discusses different types of leadership and the importance of emotional literacy as a mean of solving problems in the organization.

1.11. Andreeva Nadya, "What is EQ?", <http://vgnezdoto.com/?p=969>

This article was developed by elements of the book of Robert Wood and Harry Toly "Professional tests for emotional literacy" and presents the foundations of this concept and importance of the possession of such skills for proper adaptation to the workflow.

1.12. "Emotional literacy", <http://studentlife.bg/bg/2009/03/11/%D0%B5%D0%BC%D0%BE%D1%86%D0%B8%D0%BE%D0%BD%D0%B0%D0%BB%D0%BD%D0%B0%D1%82%D0%B0->

<http://www.bulgaria-weekly.com/consultations/health/984-emotionalna-inteligenost-br-49.html>

This article was developed by Barry Rash material and examines the consequences of lack of emotional literacy for the performance of students during their training. The article presents approaches for the development of emotional competence as a means to achieve better performance and career development.

1.13. Valchev, "Balance (Emotional literacy), August 31, 2010, <http://eobshstestvo.com/index.php/chovek/80-balans-emocionalna-inteligenost>

This article proposes four practical examples of a balance between emotion and reason as an element of emotional literacy

1.14. Doncheva Yuliya, "Emotional literacy EQ!", newspaper "Bulgaria", issue 49, <http://www.bulgaria-weekly.com/consultations/health/984-emotionalna-inteligenost-br-49.html>

The article presents the theoretical foundations of the concept of "emotional literacy" and the reasons for enhancing of its importance for the presentation of the individual.

1.15. "How to stimulate the emotional literacy of the child?", <http://www.deteto.info/articledetails.aspx?id=679>

The paper proposes methods for promoting and enhancing emotional intelligence of children.

1.16. Valeva Elena, "For the emotional literacy" June 1, 2010, <http://www.hrcafe.eu/bg/%D0%A7%D0%BE%D0%B2%D0%B5%D1%88%D0%BA%D0%B8-%D1%80%D0%B5c%D1%83%D1%80c%D0%B8/2010/06/01/%D0%97%D0%B0-%D0%B5%D0%BC%D0%BE%D1%86%D0%B8%D0%BE%D0%BD%D0%B0%D0%BB%D0%BD%D0%B0%D1%82%D0%B0-%D0%B8%D0%BD%D1%82%D0%B5%D0%BB%D0%B8g%D0%B5%D0%BD%D1%82%D0%BD%D0%BEc%D1%82>

The article presents the basics skills that might have positive impact of the development of the emotional literacy.

1.17. "Emotional literacy", Beauty Magazine, issue 105, May 2008, [http://www.beauty.bg/article29\\_11\\_654.html](http://www.beauty.bg/article29_11_654.html)

The article discusses the importance and meaning of human emotions in everyday communication.

## 2. Books

2.1. Toly Harry, Robert Wood, "Professional test for emotional literacy", publishing house "Locus", 2007, <http://www.book.store.bg/p20138/profesionalni-testove-za-emocionalna-inteligentnost-hari-toli-robyrt-uud.html>

In these book can be found open tests, developed specially for the aim – to obtain systemized approach to this important aspect of the individuality. You can also find examples of the different types of questions which can be used in test for identification of the emotional literacy, as well as easy way for assessment of your personal emotional literacy.

2.2. "Summary of the current thinking and knowledge about the emotional literacy in schools", <http://www.vistop.org/ebook/bg/text.php?page=05.03.04>

2.3. Gospodinov Vladislav, "Adolescents - Deviations – Emotional literacy", publishing house "South – West", 2010, ISBN: 9543217092, [www.helikon.bg](http://www.helikon.bg)

This study is the first monographic experience in Bulgaria to examine the emotional intelligence and specifically in the context of linking it with pre / education of adolescents (including the deviant behaviour)

2.4. Vermuline Stefani, "EQ Emotional literacy foe everyone", publishing house "Kibea", 2008, ISBN: 9544744568, [www.helikon.bg](http://www.helikon.bg)

2.5. Goman Daniel, "Emotional literacy", publishing house "Kibea", 2003, ISBN: 954-474-211-5, [www.helikon.bg](http://www.helikon.bg)

2.6. Gutini Monseph, "Emotional literacy", publishing house "Prosveta", 2005, 9540112842, [www.helikon.bg](http://www.helikon.bg)

2.7. Merlevede Patrik E., "7 steps to the emotional literacy", publishing house "Klasika I Stil", 2005, ISBN: 9549964809, [www.helikon.bg](http://www.helikon.bg)

The book reveals the creative structure of emotional literacy and using a unique conceptual framework that combines Emotional literacy and Neuro-Linguistic Programming (NLP) in kind of research excellence, developing the thesis that behavior is neurological formulated .

2.8. Wilkes Francis, "Intelligent emotions", publishing house "Kragozor", 2003, ISBN: 9547710540, <http://www.pe-bg.com/?cid=3&pid=7037>

### **3. Training and seminars concerning the theme "Emotional literacy"**

3.1. Emotional literacy – training programme, <http://www.expobulgaria.com/course.php?id=143>, <http://www.e-training.bg/bgr/emocionalna-inteligentnost>, [http://www.aretacentre.com/navigation\\_pages/eq.html](http://www.aretacentre.com/navigation_pages/eq.html), [http://arthuradams.bg/theme.php?themes\\_id=113](http://arthuradams.bg/theme.php?themes_id=113), <http://www.tma-bulgaria.com/ne/rw/page=1141/>

3.2. Emotional literacy – seminar, <http://internet-biznes.net/lichno-prostranstvo/eq.html>

There are a lot of trainings and seminars concerning the topic emotional literacy. Among their aims the following can be determined:

- Identify and pursue the principles of self-management, self-feeling, self-control and self-motivation and empathy;
- Understand, use and manage the emotions;
- Verbal and non-verbal communication with others;
- Linking emotional literacy with the workplace;
- Defining the balance between positivism and negativism;
- Effective influence to the others.