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# 6 questions with business HR consultant and business book author: Yvette Bethel

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Yvette Bethel is an award winning author, [emotional intelligence](#) practitioner and trainer. Yvette is the author of E.Q. Librium and Getting to E.Q. Librium Workbook. Yvette shares with us the inspiration behind her writing [books](#) for [career](#) advice seekers and her passion for helping employees and Managers in the workplace achieve success.

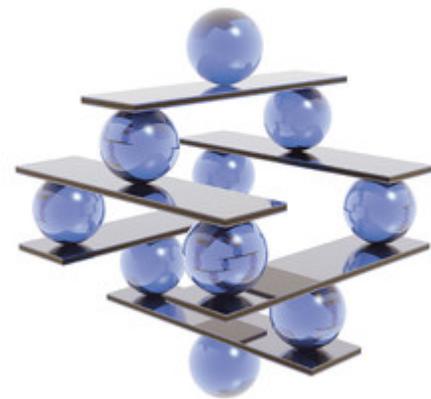
**Yvonne Wu:** Thanks for this interview, Yvette. Can we begin by having you tell us What started your writing?

**Yvette Bethel:** I was employed by a Fortune 500 company for about two decades before I became an entrepreneur. In my role as an employee, I was exposed to many circumstances and I was especially fascinated by the supportive and not so supportive behaviors employees exhibited toward each other – regardless of the level within the organizational hierarchy. Every time I witnessed any of these behaviors I added them to a list I created highlighting the not so supportive behaviors. I called the list, “The Games People Play at Work”.

After about 50 pages of notes, I took a step back in an effort to understand the common thread, and after analysis and research I stumbled onto emotional intelligence, a science that not only explained the behaviors but also provided the practical skills executives, [business](#) owners, managers and employees need to build their emotional quotients and improve engagement.

For me this was an exciting find so I took steps to learn more about emotional intelligence to

## E.Q. LIBRIUM

UNLEASH THE POWER OF YOUR EMOTIONAL INTELLIGENCE  
A PROVEN PATH TO CAREER SUCCESS**Yvette Bethel***Author Yvette Bethel*

improve myself, then coach and train others to develop themselves.

**YV:** Who do you write for?

**YB:** Emotional intelligence is a skill that can be used in any type of relationship. I chose to focus on helping persons to develop their emotional intelligence while at work because on my consulting journey, I see so much need for it, but fortunately, emotional intelligence skills are applicable to all interpersonal relationships.

**YV:** Does this book help me discover my inner talents?

**YB:** When you use the practical strategies in [E.Q. Librium](#) you can improve your emotional quotient and once you develop your emotional intelligence skills you are in a much better position to discover your talents. Emotional intelligence competencies help you to know that a job or career is or is not the right one for you. If the job is not for you, you are disciplined about finding your true voice and can find the courage to step into the unknown. You are optimistic about the possibility of finding a career you love and you understand the consequences in deciding to remain in a role where there is little to no growth opportunities for you.

**YV:** How does E.Q. Librium can help College Graduates?

**YB:** E.Q. Librium is helpful for students graduating from university who are about to enter the world of employment or self-employment. Emotional competence provides graduating students with skills that help them to differentiate themselves from other graduates. They can interview well under pressure, they can focus on finding jobs that are right for them and they can be disciplined at whatever they do. The benefits don't stop there, once they are employed, E.Q. Librium can provide them with the insights and skills they need to succeed at work.

**YV:** How does the activity book benefit the reader?

**YB:** The Getting to E.Q. Librium Activity Book is a USA Best Book Award winning activity book that was created and tested with the sole purpose of providing individuals with an introspective tool that can help you to improve your emotional quotient. To ensure the effectiveness of the activity book, I assessed the emotional quotient of a group of individuals before and after using the workbook and positive growth was documented in all of the emotional intelligence skills. When I wrote this book, my goal was to write a book that had proven results.

**YV:** Can you tell us where we can find you on the web?

**YB:** To purchase my book E.Q. Librium one can either go online to [Amazon](#) or Barnes & Noble, go to my website, <http://www.orgsoul.com/>.

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**Yvonne Wu**  
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