

By Kat Kehres Knecht, PCC

BOOKS TO ENHANCE YOUR COACHING LIFE

Relationship Intelligence

The science of how we connect to one another

In his latest book *Social Intelligence* psychologist and author Daniel Goleman brings his trademark philosophy on the inner workings of humans to the realm of relationships. The opening pages shine a light on the new science of relationships that reveals that our human minds are hard-wired to connect.

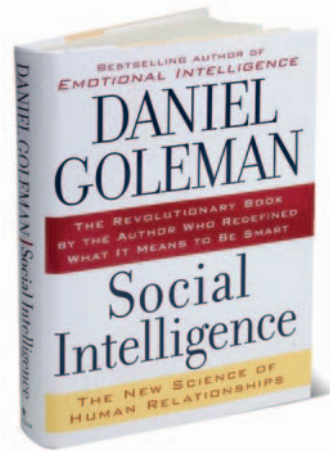
As a relationship coach this makes my heart smile. On one level it seems obvious, right? Of course we are a social species,

ly looked at — and never celebrated — while the B in math was bemoaned.

Social Intelligence indicates that we are now valuing relationship intelligence as a vital aspect of a successful life, and I certainly take this as a positive sign for the evolution of our species.

Playing well with others is, in my opinion, essential to our survival.

Ours is a social brain that uses mirror neurons and spindle bun-



mind, you will see where the experts are pointing us. We, as a species, are wired for kindness, not cruelty.

And now that science is confirming this, it can only mean good news for coaching. After all, we are a profession of relation-

“...with new technology we have the tools to reveal the invisible workings of the ties that bind us.”

everyone knows that! But, as the author points out, we have never really explored this territory as science. Now with new technology we have the tools to reveal the invisible workings of the ties that bind us.

This book is a companion to Goleman's 1995 best-seller *Emotional Intelligence*. What excited me about his earlier work was the value placed on emotional aptitude, distinct from the conventional academic intelligence which had heretofore (at least in my world) been the hallmark of a successful life. And now in the author's current book, he brings this attention to social powers.

My memory goes to countless report cards being reviewed by my parents. My social skills were bare-

dles, among others, to connect, to have compassion and empathy, and to accomplish our goals collaboratively and creatively. Just like we coaches have always known. Now, science says so too.

If you look at the news, you will see that our media-driven culture chooses to focus our attention on the bad news — the evil, violence, doing-each-other-wrong stories. Being bombarded with the fear-based reports, it's easy to believe that we are wired as unkind and evil children from *Lord of the Flies*.

Goleman gives us startling evidence to the contrary in the multitude of stories, studies, scientific experiments and conclusions that he shares in this book.

If you go to a book store and look at the books on the human

ships. *Social Intelligence* contains a wealth of scientific knowledge about how we relate, how we create our lives, how our minds create our life experiences, and how positivity is an essential ingredient to living a long, healthy and productive life.

Our brains engage in a lifelong interactive dance of neuronal and social connections. Our brains never stop growing and shifting and creating the neural pathways that determine our life experience. This means that we are forever at choice about creating the life we want to live. •

Kat Kehres Knecht, PCC, is an author and a relationship coach working with couples and business partners in Hollywood, CA.