Contents

1	Introduction and Rationale	1
2	Socio-Emotional Intelligence: Background, Meaning and Understanding	25
3	Developing Socio-Emotional Intelligence	49
4	Developing Our Socio-Emotional Intelligence by Understanding Our Emotions	73
5	Humanising Higher Education by Meeting Scholars' Needs with Socio-Emotional Intelligence	103
6	Developing Socio-Emotional Intelligence Through Self-Reflection	131
7	Developing Socio-Emotional Intelligence in Higher Education Academics: Benefits Beyond the Classroom	157

8	Practising Socio-Emotional Intelligence	201
9	Conclusion	217
Index		225