



Emotional Intelligence

Description: Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life. This course will teach participants how to understand what emotional intelligence means, recognize how our emotional health and physical health are related, learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace. Further, participants will understand the different emotions and how to manage them, create a personal vision statement, understand the difference between optimism and pessimism, and validate emotions in others.

Session One: Course Overview

Session Two: History of Emotional Intelligence

Session Three: Emotional Intelligence Defined

- Definitions and Thoughts
- Pairs Exercise

Session Four: EI Blueprint

Session Five: Optimism

- What is Optimism?
- ABC's of Optimism
- Pessimism vs. Optimism
- Adversities

Session Six: Validating Emotions in Others

Session Seven: Emotions

- The Seven Human Emotions
- Positives and Negatives
- The Emotional Map
- Role Play

Session Eight: Setting Your Personal Vision

- Defining Your Principles
- Understanding Your Values
- Consider Your Strengths and Talents
- What's Standing in Your Way?
- Think in Terms of Relationships
- Creating your Vision Statement
- Paper Bag Exercise
- Workshop Wrap-Up