

## Expanding Your Emotional Intelligence

### Overview

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Incorporating powerful tools and classroom activities, students will practice and hone their skills, mastering the strategies learned to effectively communicate, connect with, and support others through healthy and productive interactions.

### Target Audience

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Those desiring to achieve and apply emotional self-awareness and management to enhance their professional careers as well as realize their personal goals.

### Course Objectives

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After completing this course, students will know how to:

- Identify the key competencies of emotional intelligence
- Develop a learning path to enrich your EI
- Gain better control over your behavior under duress
- Enhance your communication skills and competencies
- Learn to thrive under stress
- Develop gratitude and strength of character
- Build a meaningful life balance and your authentic self

### Course Outline

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#### 1 - The History of EI

Defining Emotional Intelligence  
Understanding the 5 Components of Emotional Competence  
Using an Emotional Vocabulary

#### 2 - Can You Learn EI?

Learning to Be Emotionally Competent  
Developing Self-Awareness  
Building Trusting Relationships

#### 3 - Enhancing Your Communication with EI

Creating a Powerful First Impression  
Using Body Language  
Communicating with Flexibility and Authenticity

#### **4 - Emotions & Behavior**

Expanding Your Emotional Toolbox  
Applying Mindfulness  
Offering Your Attention and Acceptance

#### **5 - Emotions Under Stress**

Knowing Yourself  
Applying the Right Emotions at the Best Time  
Managing the Modes of Cognition

#### **6 - Gratitude & Strength of Character**

Cultivating Enthusiasm, Confidence, Trust, Tenacity, and Character  
Understanding the Role of EI at Work  
Disagreeing Constructively, Applying Passion and Fostering Optimism

#### **7 - Meaningful Life Balance & Authenticity**

Leading by Example  
Giving In Without Giving Up  
Making Authenticity a Part of You DNA

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