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Expanding Your Emotional Intelligence

Overview

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

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

- 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

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

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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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