

# Emotional Intelligence



**Days:** 1

**Prerequisites:** None.

**Audience:** This class is beneficial to everyone.

**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.

**Course Objectives:** This workshop teaches participants 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
- Understand the different emotions and how to manage them
- Create a personal vision statement
- Understand the difference between optimism and pessimism
- Validate emotions in others

## OUTLINE:

### LESSON 1: COURSE OVERVIEW

- The Instructor will spend the first part of the day getting to know participants and discussing what will take place during the workshop. Participants will also have an opportunity to identify their personal learning objectives.

### LESSON 2: EMOTIONAL INTELLIGENCE & THE THEORY OF MULTIPLE INTELLIGENCES

- The Instructor will introduce a few definitions of emotional intelligence and then have participants create their own definition. The class will discuss several "green flags" of emotional intelligence and will delve into Howard Gardner's Theory of Multiple Intelligences with a hands-on assessment

### LESSON 3: EI BLUEPRINT

- Participants will cover skills and concepts behind identifying emotions, understanding and managing emotions, and using and communicating emotions.

### LESSON 4: OPTIMISM

- This session outlines the basics of optimism and how it differs from pessimism.

### LESSON 5: VALIDATING EMOTIONS IN OTHERS

- Participants will discuss two models to validate emotions in others.

### LESSON 6: UNDERSTANDING EMOTIONS

- This session will explore the seven primary human emotions.

### LESSON 7: SETTING YOUR PERSONAL VISION

- Participants will explore their own emotions by looking at their principles, values, strengths, talents, potential obstacles, and relationships.

### WORKSHOP WRAP-UP

- At the end of the course, participants will have an opportunity to ask questions and fill out an action plan.