

Course: Emotional Intelligence

Course Outline

1. Discover your level of emotional intelligence
2. Discover business cases for emotional intelligence
3. Learn different techniques for raising self-awareness as well as social awareness
4. Learn to manage your relationships and emotions
5. Gain self-awareness insights through Ray Charles' story
6. Understand and analyze your behaviour during negative and positive emotions
7. Observe your emotions and lean into your discomfort
8. Explore self-talk patterns to emerge from negative and positive situations
9. Learn to rewrite a negative script
10. Practice your inner dialogue for negative situations
11. Explore your emotions in the event of a conflict
12. Break the conflict code with emotional intelligence
13. Talk about brain change strategies from six wisdom sources
14. Write your personal EQ learning agenda
15. Set your plan in motion