

Advanced Emotional Intelligence

DAY 1

Advanced Understanding of Emotional Intelligence and Emotional Excellence

- History of Emotional Intelligence
- Emotional Intelligence (EI) Defined and Applied at Work
- Emotional Intelligence Blueprint
- Developing Optimism and Overcoming Pessimism
- Validating Emotions in Ourselves and Others
- Applying Emotional Excellence at Work

DAY 2

Understanding and Managing Emotional Stress, Anxiety & Depression

- Understanding Emotional Stress
- Stressors On Our Lives
- Anxiety and Depression
- Recognizing Anxiety Disorders
- Dealing with Post-traumatic Stress Disorder
- Managing Depression

DAY 3

Understanding Human Development for Building a Healthy Self-esteem

- Understanding Healthy Human Development
- Applying the Erikson's Stages of Psychosocial Development
- Improving Self-esteem
- Understanding Our Inner Dialogue
- The Power of Thought
- Create What You Want

DAY 4

Emotionally Excellent Relational Skills

- Creating Positive Relationships
- Growing Our Self-awareness
- Breaking Communication Barriers
- Applying Effective Communication Strategies
- Frames of Reference
- Creating Synergy in Teams

DAY 5

Emotional Excellence for Work-Life Balance

- Eustress and How It Affects Us
- Building a Solid Foundation
- Mental Strategies
- Managing Distress at Work
- Holistic Management of Negative Stress
- Developing an Action Plan