



**217-P24-VE**



**Virtual**



**7 hours**



**EGP 1580**

## **Course Description:**

This course is designed to help participant improve their emotional intelligence skills enabling them to use emotional information from themselves and others and integrate this with their thinking for better decision making helping them to get more easily what they want from the immediate situation and life in general.

## **Target Audience:**

For anyone who wishes to improve their emotional intelligence skills.

## **Course Objectives:**

### **By the end of this course participants will be able to:**

- Explain the meaning of the Emotional Intelligence
- Discuss the importance of self-awareness.
- Explain Self-Management techniques.
- Discuss the channels that are responsible for self-motivation.
- Explain the meaning of empathy.
- Explain how to manage relationships with others as an emotionally intelligent.

## **Course Outline:**

### **Module One: An Emotional Intelligence Primer**

#### **Session One: Introduction to Emotion Intelligence**

- What is emotional intelligence?
- Daniel Goleman's Emotional Intelligence Framework
- Assignment

### **Module Two: Self-Awareness**

#### **Session One: What is Self-awareness**

- Knowing yourself
- Feelings, Moods, and Emotions
- The Language of Emotions
- Assignment

### **Module Three Self-Management**

#### **Session One: Techniques of Self-Management**

- Creating positive brain connections
- Lessons from the Wizard of Oz
- Self-Management techniques
- Assignment

### **Module Four: Self-Motivation**

#### **Session One: Setting Goals and Define What Motivators are**

- What motivates us?



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- Setting goals and having a plan as a motivator
- Getting in "The Flow"
- Assignment

#### **Module Five: Empathy**

##### **Session One: How to be Empathetic?**

- What is Empathy?
- Empathy Vs Sympathy
- Active empathetic listening
- Assignment

#### **Module Six: Relationship Management**

##### **Session One: How to Manage Relations with Others**

- Explain Getting the change you want.
- The building blocks for managing relationships.
- Ten Habits of Emotionally Intelligent People
- Assignment

#### **Assessment Strategy:**

- 40 % Assignments between sessions
- 60 % Participation
- 60 % Cut off score of total grades which is "100".

#### **Upon Successful Completion of this Course, participants will obtain:**

0.6 CEUs

#### **Course Language:**

English/ Arabic

#### **Prerequisites:**

Intermediate level of English language proficiency in case of attending the course in English.