

Reflecting Feelings on the Landscape

Skills for Success



9066



In-Class



8 hours

Course Description:

This course offers a creative and experiential approach to emotional exploration by using landscapes as metaphors to reflect internal emotional states. Participants will learn how to identify, articulate, and process feelings through visual, spatial, and metaphorical expression. The course combines principles of emotional intelligence with reflective practice, enabling deeper self-awareness, empathy, and emotional clarity in personal and professional contexts.

Target Audience:

This course is designed for individuals, educators, coaches, and professionals with 3 to 10 years of experience in people-centered roles who seek to enhance their emotional literacy, empathy, and self-reflection through experiential and visual techniques.

Course Objectives:

By the end of the course, participants will be able to:

- Explain how metaphorical expression and visual representation support emotional awareness and processing
- Apply reflective tools using landscapes and creative elements to explore and express emotional states in a safe and structured way

Course Outline:

Module 1: Emotional Awareness through Metaphors

- Introduction to emotional intelligence and emotional literacy
- The power of metaphor in emotional understanding
- Landscape as a reflection of inner feeling
- Interpreting visual cues: color, space, distance, and movement
- From image to insight: structured reflection techniques
- Building a vocabulary for emotional expression

Module 2: Creative Expression and Integration

- Creating emotional landscapes (individual and group work)
- Guided reflection using storytelling and visual journaling
- Recognizing emotional patterns and internal messages

- Linking landscapes to real-life experiences and behaviors
- Tools for integrating insight into daily life and communication
- Facilitating emotional expression in others

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

Course Language:

English Material
Bilingual Explanation

Prerequisites:

N/A