



# Applied Emotional Intelligence

## Learning Path Outline

### Course One - Introduction to Emotions and Emotional Intelligence

- Module One - History of Emotion, Part 1
- Module Two - History of Emotion, Part 2
- Module Three - Philosophy of Emotions
- Module Four - History of Emotional Intelligence Frameworks

### Course Two - Neuroscience of Emotion

- Module One – The Brain Networks of Emotion, Part 1
- Module Two – The Brain Networks of Emotion, Part 2
- Module Three - Future considerations for Brain and Emotions Research

### Course Three - Emotional Intelligence

- Module One – 360 Emotional Intelligence Assessment
- Module Two – Emotional Intelligence Coaching Session
- Module Three – Models and Measures of Emotional Intelligence
- Module Four – The Future of Development of Emotional Intelligence Frameworks
- Module Five – The Benefits of Developing Emotional Intelligence
- Module Six – My Business Case for Developing Emotional Intelligence

### Course Four – Developing Emotional Balance

- Module One – Mindfulness and Emotional Intelligence
- Module Two – Setting an Intention
- Module Three – Changing from the Inside Out

### Course Five – Understanding Emotion States

- Module One – A Framework of Emotions
- Module Two – Universality of Emotion States
- Module Three – Categories of Emotion States
- Module Four – Context is Everything
- Module Five – Developing Greater Complexity



## **Course Six – The Function of Emotions**

- Module One – Module 8 Discrete Emotion States

## **Course Seven – Emotion and Cognition**

- Module One – The Role of the PFC
- Module Two – Executive Function and Emotions
- Module Three – Making Better Decisions
- Module Four – Building Thinking Capacity

## **Course Eight - Emotional Regulation and Wellbeing**

- Module One - Emotions and Health
- Module Two - Emotions and Wellbeing
- Module Three - Developing Your Emotional Management Toolkit

## **Course Nine - Emotional Intelligence in the Workplace**

- Module One - Benefits to Organisations
- Module Two - Barriers to the Successful Implementation
- Module Three – Solutions for Increasing Emotional Intelligence in the Workplace

## **Course Ten – Elective (Optional) Practical Application Project**

- Module One – Research Need
- Module Two – Design Application
- Module Three – Implement Application
- Module Four – Measure and Evaluate Application

