

APPLIED EMOTIONAL INTELLIGENCE COURSE



Be a Better Leader.

In this self paced, online course designed using the most robust EI science you will learn all there is to know about Emotions and Emotional Intelligence to make you a more effective leader.

OVERVIEW

Want to develop your ability to more effectively develop great relationships and communicate with people? Would you like to be more effective in your problem-solving and critical thinking? Do you want the ability to deal with complexity and ambiguity? In this self paced, online course you will learn everything you need to know about Emotions and Emotional Intelligence.

Emotional Intelligence is a set of skills that includes the top 3 competencies required to be successful in today's work environment and the future of work. This set of skills can be learnt and improved through self awareness, awareness of others and application of practical skills covered in this course.

WHAT'S COVERED?

- ✓ Exactly what is Emotional Intelligence
- ✓ Why Emotional Intelligence is important
- ✓ An Introduction to Emotions and Emotional Intelligence
- ✓ Neuroscience of Emotion
- ✓ Developing Emotional Balance
- ✓ Understanding Emotion States
- ✓ The Function of Emotions
- ✓ Emotion and Cognition
- ✓ Emotional Regulation and Wellbeing
- ✓ Emotional Intelligence in the Workplace

WHO'S IT FOR?

- Those who want to enhance their interpersonal skills
- Anyone in a leadership or management role
- Anyone who finds it difficult to develop and maintain positive relationships
- Those who want to learn how to become a more effective leader and team member

OUTCOMES

- Deep insights into your own Emotional Intelligence
- Clear and proven guidelines to becoming more emotionally intelligent
- A much greater capacity to lead and manage people more effectively
- Greater confidence and happiness in all facets of your life

LEARNING PATH OUTLINE

COURSE ONE - INTRODUCTION TO EMOTIONS & EMOTIONAL INTELLIGENCE

- Module One - History of Emotion
- Module Two - Philosophy of Emotion
- Module Three - 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 - Benefits of Developing EI
- Module Two - Models and Measures of EI
- Module Three - EI 360 Assessment
- Module Four - EI Coaching Session
- Module Five - Personal Action Plan

COURSE FOUR - DEVELOPING EMOTIONAL BALANCE

- Module One - Mindfulness & EI
- 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

LEARNING PATH OUTLINE

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

INCLUSIONS & PRICING

\$1,865 inc. GST

- ✓ 10 custom built Emotional Intelligence courses
- ✓ 360 Emotional Intelligence Assessment
- ✓ 1-to-1 coaching session with one of our EI Coaching specialists
- ✓ Unlimited email support
- ✓ 12 one hour small tutorial group video conference sessions