## Teaching & Working with Emotional Intelligence
### (1 Day Workshop)

### Course Outline

**Description:**
Although Emotional Intelligence (EI) as a concept has been around for over two decades, it is still considered an 'emerging idea' - a new science. What this science is enabling us to understand more fully is how effective we can be as individuals when we learn to manage emotions more intelligently.

This workshop teaches the basic principles of EI, enabling the participants to be introduced to tools they can use daily within the classroom, workplace setting and in their personal lives.

**Content:**
- Increased understanding of self and others
- The biological basis for our emotional responses
- Tips for how to be less reactive in relationships
- Techniques for reducing stress and gaining greater self confidence
- How to use our self/other awareness as workplace tool