



# EMOTIONAL INTELLIGENCE

NEW!



learning**together**

*Constantly learning,  
constantly evolving.*



**OID: E10201112**

Course's official page [here](#).

Advanced Institute for Skills Development



# COURSE DESCRIPTION

Emotional intelligence is the ability to understand, use, and manage one's own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. This competence has a surprisingly powerful effect on our lives, from our capacity to foster long-term relationships with friends to whether we're able to succeed in school.



Managing our emotions as well as understanding others' is vital when interacting within both the professional day to day with colleagues, students, parents and society.



Since 2020 that we are facing a global pandemic which caused a huge intrusion in all relationships. And between teachers and students too. While teaching was already a challenging profession, COVID-19 has pushed aside some of the heartwarming, relational positives of teaching and replaced them with stress and e-learning teaching.



**Course Objectives:** The course's main goal is to identify the benefits of emotional intelligence and understand more intimately the emotions of others and therefore how to use new skills to improve your well-being and meet the goals of your interactions with others.



# COURSE INFORMATION

## Learning Outcomes

- Develop knowledge and practice self-management; awareness; control; motivation; empathy, and social skills;
- Understand, use and manage feelings and emotions;
- Learn the benefits of emotional intelligence;
- Conflict management hard skills;
- Maintain focus and control during difficult conversations;
- Increase your likability which help you to win friends, build and solidify long-sustainable relationships;
- Engage with and influence others;
- Protect and enhance your well-being;
- Use your new skills to improve your well-being and meet your interaction goals with others;
- Practice language, social and communicative skills;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues.

**Duration:** 1 week (7 days – Sunday to Saturday – 9h00 to 13h00)

**Location:** Lisbon, Portugal **NEW!** **Language:** English

**Certification:** Certificate of Attendance + description of the learning outcomes above; Europass validation

**Price:** 660€ (course fee + administration costs + social program)

(Our courses are eligible to be completely funded by the new Erasmus+ program 2021-2027 – KA1 funds and several other programs)

See more information (e.g. dates, included activities) [here](#).

# DAILY PROGRAM

\*Our courses also include a daily coffee break & social program.

## DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

## DAY 2

- Emotional intelligence (EI) – origins
- EI – Traits, ability, and mixed models
- Self-awareness, regulation, motivation, empathy, and interpersonal skills

## DAY 3

- How to measure emotional intelligence
- What are emotions? Recognizing the role of emotions
- Recognize 'negative' and 'positive' emotions
- identifying stress, conflict, trust
- Our brain's functioning
- The different levels of emotional awareness
- Increase our emotional knowledge
- Develop our emotional awareness
- Increase our self-confidence
- Control illogical emotional reactions

## DAY 4

- The role of emotions in trust-based relationships
- Respect others and their emotions
- Express our own emotions and share them with others
- How to think positively
- Recognize emotions in others
- Learn tools to enhance our ability to recognize and appropriately respond to others' emotions
- Perceiving emotions accurately in others to build empathy
- Roleplay/Brainstorm

## DAY 5

- Deal with difficult emotions in stressful situations
- Techniques to manage emotions in challenging situations
- The impact of not managing and processing 'negative' emotions
- Learn conflict management strategies
- Develop conflict prevention behaviors

## DAY 6

- Applying EI in the workplace
- Empathy and trust in relationships
- Increase our ability to create effective working relationships with others (peers, subordinates, parents, students)
- Tools to lead, motivate others and create a high performing team
- Group work, Course roundup & review
- Learning outcomes' validation
- Certification Ceremony

## DAY 7

*Social Program & Activities*

- 7 Hills River Cruise
- Belém Lisbon Tour
- Modern Lisbon Tour





# TRUSTED BY EDUCATORS ALL AROUND EUROPE

Learning Together believes that well-trained teachers are more motivated & better able to successfully perform and achieve organizational goals! We believe that all organizations' core are its **people**, therefore we organise development courses for education professionals who want to enhance & acquire new competencies related to their work practice. That way, participants can better teach the people of tomorrow, **while absorbing new cultures and meeting people all around Europe!**

# LET'S LEARN TOGETHER!

**Sign up for a course and  
start your journey with us!**

 [www.learning-together.eu](http://www.learning-together.eu)  
 (351) 229 418 490 | (351) 911 895 280  
 [learningtogether.eu@sinerconsult.pt](mailto:learningtogether.eu@sinerconsult.pt)

*For more  
information, click  
the following links:*

[Pre-Registration](#)

[Discover Lisbon](#)

[Our Gallery](#)

[Pricing & FAQ](#)

[All Courses](#)