



EMOTIONAL INTELLIGENCE

NEW!



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*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 – 8h30 to 13h30)

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*** (4 activities below)

DAY 1 / 18h30

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

DAY 2 / 8h30-13h30

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

***15h00 - Guided Walking Tour**

DAY 3 / 8h30-13h30

- How to measure emotional intelligence
- What are 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 / 8h30-13h30

- The role of emotions in trust-based relationships
- Respect others and their emotions
- Express our own emotions and share them with others; Recognize emotions in others
- How to think positively
- 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 / 8h30-13h30

- 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
- Applying EI in the workplace

DAY 6 / 8h30-13h30

- 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
- Final Group Dynamic
- Certification Ceremony

DAY 7

***Social Program & Activities**

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



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LET'S LEARN TOGETHER!

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



www.learning-together.eu



(351) 229 418 490 | (351) 911 895 280



learningtogether.eu@sinerconsult.pt

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