

Emotional Intelligence

Applying for this course:

Individuals eligible to enrol in this programme would be 15 years of age (subject they have completed compulsory schooling) and older. Individuals will also need to be able to communicate in and comprehend English.

Course Duration

This course is of 10 hours duration and consists of one Module.

General pedagogical guidelines and procedures for this course:

The delivery of this course will be mainly held through a series of discussions, class work exercises and hands-on training. These will enable learners to practice and consolidate the classroom training. The trainer will also be holding lessons with the learners which will consist of various presentations and demonstrations.

General assessment policy and procedures for this course:

The learner will be assessed through an Ongoing Assessment that will take place throughout the duration of the course.

Module 1 Learning Outcomes- **Emotional Intelligence**

<ul style="list-style-type: none">✓ Understand the concept of Emotional Intelligence and its meaning.✓ List and define the 5 key element of Emotional Intelligence, such as: self-awareness, self-regulation, motivation, empathy, and social skills).✓ Use specific Emotional Intelligence techniques and actions to improve self-awareness and self-regulation.✓ Understand how to improve motivation, empathy, and social skills.	<ul style="list-style-type: none">✓ List the benefits of Emotional Intelligence.✓ Identify how to perceive different emotions and how to make proper use of Emotional Intelligence techniques.✓ Be responsible for managing emotions in different situations (like at the workplace, friendly settings, public places, and when you are on your own).
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Module Assessment: There is no Assessment.