

## Expanding Your Emotional Intelligence

### Prehľad

Incorporating powerful tools and classroom activities, students will practice and hone their skills, mastering the strategies learned to effectively communicate, connect with, and support others through healthy and productive interactions.

### Vzdelávacie ciele

- After completing this course, students will know how to:
- Identify the key competencies of emotional intelligence
  - Develop a learning path to enrich your EI
  - Gain better control over your behavior under duress
  - Enhance your communication skills and competencies
  - Learn to thrive under stress
  - Develop gratitude and strength of character
  - Build a meaningful life balance and your authentic self

### 1 - The History of EI

Defining Emotional Intelligence  
 Understanding the 5 Components of Emotional Competence  
 Using an Emotional Vocabulary

### 2 - Can You Learn EI?

Learning to Be Emotionally Competent  
 Developing Self-Awareness  
 Building Trusting Relationships

### 3 - Enhancing Your Communication with EI

Creating a Powerful First Impression  
 Using Body Language  
 Communicating with Flexibility and Authenticity

### 4 - Emotions & Behavior

Expanding Your Emotional Toolbox  
 Applying Mindfulness  
 Offering Your Attention and Acceptance

### 5 - Emotions Under Stress

Knowing Yourself  
 Applying the Right Emotions at the Best Time  
 Managing the Modes of Cognition

[Online registrácia](#)

### Termíny

Trvanie kurzu (v dňoch): 3 Days

G2R = "Garantovaný termín" | OLL = "Online LIVE"  
 ILT = "Kurz vedený inštruktorom"

12/09/20	3:00PM - 11:00PM	Bratislava, Slovakia	OLL	€ 0.00
03/10/21	3:00PM - 11:00PM	Bratislava, Slovakia	OLL	€ 0.00

## 6 - Gratitude & Strength of Character

Cultivating Enthusiasm, Confidence, Trust, Tenacity, and Character  
Understanding the Role of EI at Work  
Disagreeing Constructively, Applying Passion and Fostering Optimism

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## 7 - Meaningful Life Balance & Authenticity

Leading by Example  
Giving In Without Giving Up  
Making Authenticity a Part of You DNA

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