



Erasmus+



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Beneficiary: Centrul Județean de Excelență Timiș

Emotional Intelligence: identify, harness and manage emotions

28.06.2021 - 02.07.2021

PALERMO - SICILY - ITALY

Participanți:

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Formatori:

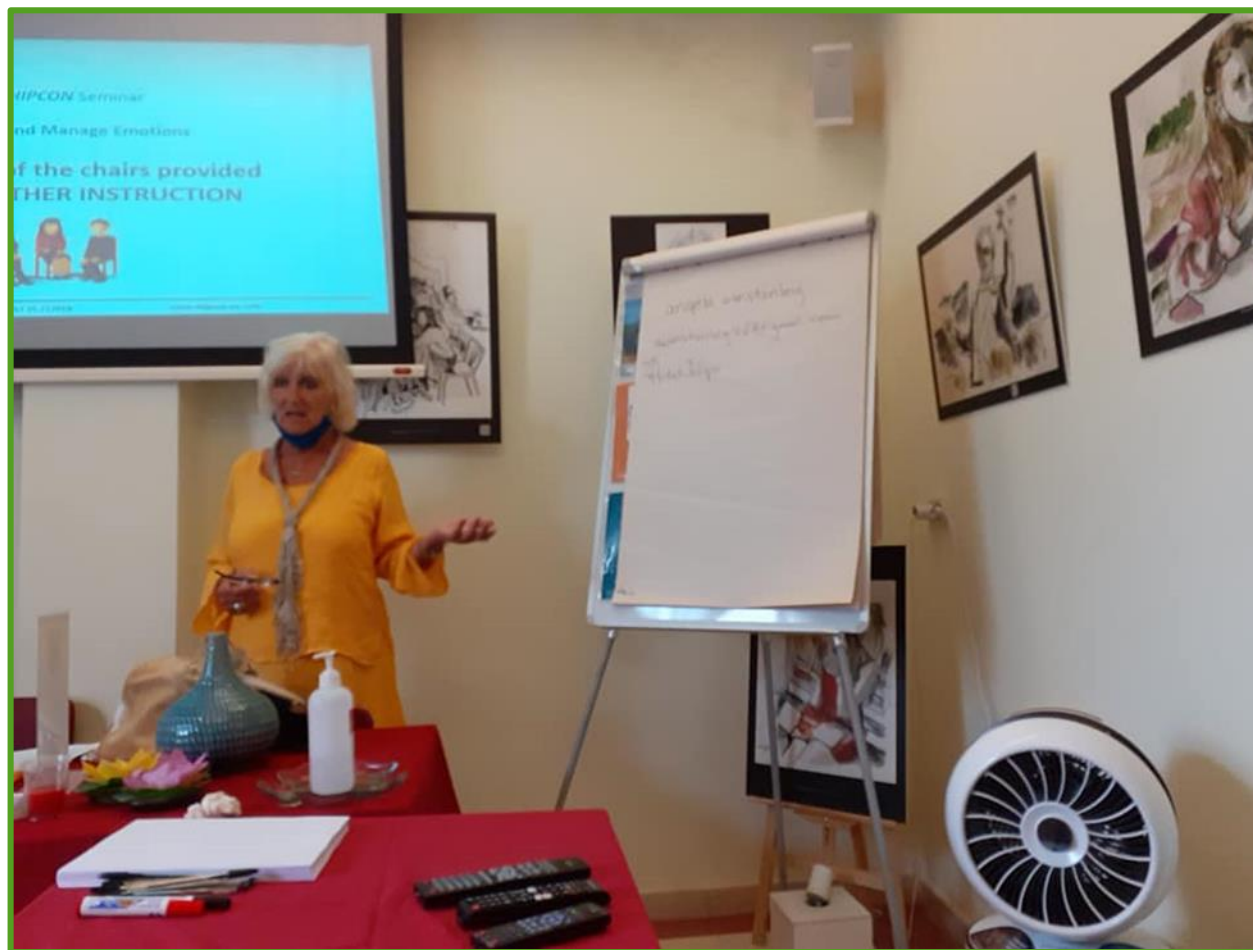


EMOTIONAL INTELLIGENCE: IDENTIFY, HARNESS & MANAGE EMOTIONS

Angela Winstanley
Head Trainer



<https://shipcon.eu.com>



Limba de comunicare:
ENGLEZA

Monday

- ▶ The importance of Emotional Intelligence in Modern Education and Workplace settings
- ▶ Group Introduction / (icebreaker exercise)
- ▶ Definition of IE and why it matters in the modern world - the 10 principles
- ▶ Characteristics of Emotional Intelligence - IQ vs EQ
- ▶ Theory of Mind - Social Cognition - False Belief
- ▶ Mindful or Mindblind? - Children as 'mindreaders'
- ▶ Nature Versus Nurture -influences on developing personality (Genetic influences, predisposition, environmental factors)

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Welcome to **SHIPCON** Seminar
Identify, Harness and Manage Emotions

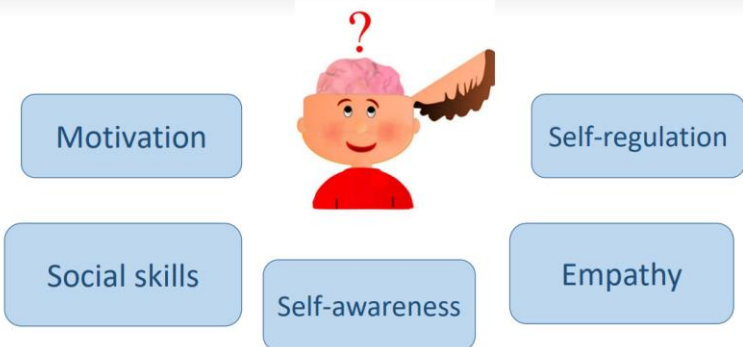
**Please sit in one of the chairs provided
& WAIT FOR FURTHER INSTRUCTION
DO NOT MOVE THE CHAIRS**



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CHARACTERISTICS OF EMOTIONAL INTELLIGENCE



Motivation Self-regulation

Social skills Self-awareness Empathy

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Tuesday

- ▶ The Emerging Self - and Development of Emotional Intelligence (Development, mind set - literal to abstract)
- ▶ Child Development - Social Emotional development stages
- ▶ Definitions/ models - (Case Studies. Analysis, triggers and red flags - Group exercises)
- ▶ Feedback from Case Study exercise.
- ▶ False Perception: recap Theory of Mind plus introduce additional concepts
- ▶ Developing literal to abstract thinking



Wednesday

- ▶ In touch with the emotional self and influence on learning
- ▶ In touch with self - (Group exercise)
- ▶ How to identify your own emotions and tools for development
- ▶ Conflicts and negotiation (role play exercise)
- ▶ Key components to coping with conflict with EI
- ▶ Active Listening (role play exercise)
- ▶ Key Components to Active Listening



Thursday

- ▶ Develop skills in Leadership and Creativity
- ▶ Can IE be taught?
- ▶ Educational and Workplace Models - History and Modern Practise
- ▶ Theory of mind in the classroom or workplace
- ▶ Creating future Leaders
- ▶ Identify opportunities (exercise)



Friday

- ▶ Application of EI skills in the Home, Workplace and Educational Establishments
- ▶ Emotional Intelligence checklist revisited. (Day 3)
- ▶ Using EI development opportunities in the home, classroom or workplace (Group exercise)
- ▶ Plan for change - Influencing - (Action plans to take forward)
- ▶ Debrief and Evaluation
- ▶ Completion of course evaluation sheets.



Beneficiile participarii la un curs ERASMUS+



Noi prietenii



Cultura locala



Beneficiile participarii la un curs ERASMUS+



Gastronomie



Tur ghidat prin Palermo:



Vizitarea împrejurimilor



Agrigento



Cefalu



Gradina Botanica



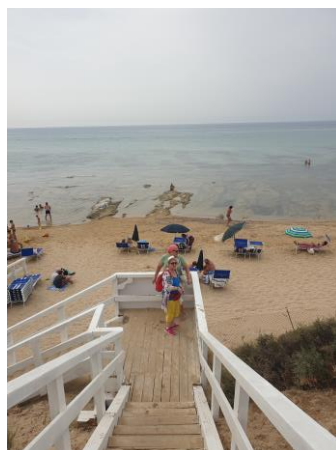
La plaja



Muzeul "No Mafia"



Etna



Scala dei Turchi



Taormina



Catania



Siracuza



Muṭumim



Erasmus+



Muṭumim Sicily

