



## Emotional Intelligence

### Description

Emotional intelligence, also called EQ, is the ability to be aware of and manage emotions and relationships. This course will help you develop your emotional intelligence to give you that extra edge in building relationships and connecting with others.

### Objectives

This course will introduce you to the history of emotional intelligence and what it's all about. You'll explore the most popular theories, including the EI blueprint, Martin Seligman's ABC's of optimism, the VALUE and SOLER techniques, Ekman's seven basic emotions, and Plutchik's wheel. You'll also explore your personal values and vision statement to help guide you in your emotional intelligence development.

### Outline

How to Use This Guide

#### Session One: Course Overview

#### Session Two: History of Emotional Intelligence

#### Session Three: Emotional Intelligence Defined

1. Definitions and Thoughts
2. Making Connections

#### Session Four: EI Blueprint

#### Session Five: Optimism

1. What is Optimism?
2. ABC's of Optimism
3. Pessimism vs. Optimism
4. Adversities

#### Session Six: Validating Emotions in Others

#### Session Seven: Understanding Emotions

1. The Seven Human Emotions
2. Positives and Negatives
3. The Emotional Map

#### Session Eight: Setting Your Personal Vision

1. Defining Your Principles
2. Understanding Your Values
3. Considering Your Strengths and Talents
4. What's Standing in Your Way?
5. Think in Terms of Relationships
6. Creating Your Vision Statement



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Recommended Reading List  
Post-Course Assessment  
Pre- and Post-Assessment Answer Keys  
Personal Action Plan