Developing Emotional Intelligence

Overview/Description
Implementing discipline over our emotional life is difficult and requires lifelong practice. Being able to choose to act or respond in a particular manner is preferable to re-acting on a consistent basis, yet it is difficult. Enhancing emotional intelligence improves our ability to master our emotional functioning. High EQ can improve our communications with all others, enhance our perception of satisfaction with ourselves and our lives and increase our productiveness overall.

Target Audience
Anyone interested in improving self-awareness, emotional control, and ability to relate to others.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

- Describe the difference between intelligence and emotional intelligence
- Describe the benefits of having emotional intelligence
- Describe the components of emotional intelligence
- Identify the function and qualities of emotions
- Identify ways of assessing your emotional intelligence
- Describe strategies for improving emotional intelligence
  - Describe how to improve your capacity for emotional self-control through mindfulness meditation, monitoring self statements and active listening
  - Describe how to accept responsibility for emotions and ways to teach emotional intelligence to children