Emotional Intelligence

ABOUT THE COURSE

“Intelligence quotient (IQ) gets you hired but emotional quotient (EQ) gets you promoted”. This popular quote by Times magazine during late nineties has made the concept of emotional intelligence more popular among people by highlighting its multiple implications and applications. The uses and utility of emotional intelligence at home, school and workplace have benefited thousands in many disciplines. This course is designed to sensitize the participants about the concept, theory and applications of emotional intelligence. The participants will get to know the added advantage of EQ the software of the brain over the hardware (EQ). This programme will also explore how our hearts rule over our heads for creative creation. It will also focus on how various principles of emotional intelligence guide us in different contexts of life. The awareness about the credo of emotional intelligence will develop insights into self-regulation and realization of one's optimum potentials for better performance. The participants will come to know about many unknowns of life, which will further help them to enhance their awareness to be effective on their roles. The course will offer useful lessons with the help of practical exercises, games, audio-visual instruments, case studies, classroom interaction to show the road map how to foster emotional intelligence in organisation for achieving health, happiness and optimal performance at work.

COURSE LAYOUT

Week 1: Introduction to emotion, intelligence & wisdom

Week 2: Concept, theory, measurement and applications of intelligence

Week 3: Emotional intelligence: concept, theory and measurements

Week 4: Correlates of emotional intelligence

Week 5: Emotional intelligence, culture, schooling and happiness

Week 6: For enhancing emotional intelligence EQ mapping

Week 7: Managing stress, suicide prevention, through emotional intelligence, spirituality and meditation

Week 8: Application of emotional intelligence at family, school and workplace