

Emotional Intelligence

Course Overview

This course will introduce students to emotional intelligence, including what emotional intelligence is, skills in emotional intelligence, verbal communication skills, non-verbal communication skills, social management and responsibility, tools to regulate your emotions, gaining control, business practices, and making an impact.

<u>Module 01 - Getting Started</u>	1m
Getting Started	
<u>Module 02 - What is Emotional Intelligence?</u>	8m
What is Emotional Intelligence?	
Case Study	
<u>Module 03 - Skills in Emotional Intelligence</u>	3m
Skills in Emotional Intelligence	
Case Study	
<u>Module 04 - Verbal Communication Skills</u>	4m
Verbal Communication Skills	
Case Study	
<u>Module 05 - Non-Verbal Communication Skills</u>	2m
Non-Verbal Communication Skills	
Case Study	
<u>Module 06 - Social Management and Responsibility</u>	3m
Social Management and Responsibility	
Case Study	
<u>Module 07 - Tools to Regulate Your Emotions</u>	3m
Tools to Regulate Your Emotions	
Case Study	
<u>Module 08 - Gaining Control</u>	4m
Gaining Control	
Case Study	
<u>Module 09 - Business Practices (I)</u>	4m
Business Practices (I)	
Case Study	

Module 10 - Business Practices (II)

3m

Business Practices (II)

Case Study

Module 11 - Making an Impact

5m

Making an Impact

Case Study

Total Duration: 42m