



School Innovation

EMOTIONAL INTELLIGENCE MASTERY:
CULTIVATING RESILIENT CONNECTIONS
IN TEACHING AND BEYOND

Your Mobility Partner

PIC Number: 948037649 Organisation ID: E10207576



Course Overview

Welcome to "Emotional Intelligence Mastery," a dynamic and transformative training course designed to empower educators with the art and science of emotional intelligence (EI). This comprehensive 5-day program delves into the core principles of EI, equipping participants with the skills to foster resilient connections not only within the classroom but in all aspects of their professional and personal lives.

Course Objectives

- Recognize the significance of EI in personal and professional contexts.
- Develop an increased awareness of personal emotions, strengths, and areas for growth.
- Explore the impact of self-awareness on personal and professional success.
- Understand how leaders can leverage EI to inspire and motivate others.
- Acquire techniques for managing and regulating personal emotions effectively.
- Understand the importance of maintaining composure in various situations.
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- Understand the importance of maintaining composure in various situations.
- Provide resources for continued learning beyond the course.

Learning Outcomes

Participants will develop essential emotional intelligence (EI) skills for resilient connections in personal and professional contexts during the 5-day "Emotional Intelligence Mastery" course. The program explores core EI principles, fostering a lasting impact in and beyond the classroom.

Additionally, hands-on workshops focus on azulejo tile painting, providing practical skills and deepening appreciation for the fusion of traditional and contemporary expressions in Portuguese art. The course aims to establish a meaningful connection between art, culture, and identity.

Price: All expenses can be covered through a Knowledge Acquisition (KA) subsidy within the Erasmus+ initiative. This is a 5-day training course in which Mobility Friends imposes a fee of **350€ per attendee, in courses located in the cities of the Continent and Madeira island. The fee for Azores Island is 480€ per attendee. The price includes the training course and a coffee break.**

For **groups of 5 or more people**, please contact us for pricing details.

Duration: 5-Day Course

Language: English

Schedule: The time of classes, whether in the morning or afternoon is determined by the provider. The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.

Certificate: A Certificate of Attendance will be awarded to participants who attend minimum of 80% of the course.

Other Services: Mobility Friends offers various services for you. We handle everything from accommodation to cultural visits and transfers. Contact us to learn how we can assist you with your travel logistics.

PLANNER

DAY 1

- Welcome and Icebreaker
- Introduction to the training program.
- Icebreaker activities to build rapport among participants.
- Understanding Emotional Intelligence
- Definition and components of emotional intelligence.
- Importance of emotional intelligence in teaching.
- Self-Awareness
- Exploring self-awareness as a foundation for emotional intelligence.
- Self-assessment exercises.
- Reflection and Goal Setting
- Participants reflect on their current emotional intelligence.
- Goal-setting for the training program.

DAY 2

- Self-Management Skills
- Techniques for managing personal emotions.
- Stress management strategies.
- Self-Regulation in Teaching
- The role of self-regulation in effective teaching.
- Practical exercises for self-regulation.
- Case Studies and Group Discussions
- Analyzing real-life scenarios related to self-management and self-regulation.
- Group discussions on best practices.

DAY 3

- Social Awareness in Education
- Understanding and recognizing emotions in others.
- Empathy in teaching.
- Building Positive Relationships
- Importance of positive teacher-student relationships.
- Communication skills for fostering positive connections.
- Role-Playing and Feedback
- Role-playing scenarios to practice social awareness and relationship management.
- Feedback and discussion.

*Please note that program content may be subject to change based on input from our trainers.

PLANNER

DAY 4

- Integrating Emotional Intelligence into Teaching
- Strategies for incorporating emotional intelligence into lesson plans.
- Creating an emotionally intelligent classroom environment.
- Case Studies and Problem-Solving
- Analyzing classroom challenges through the lens of emotional intelligence.
- Collaborative problem-solving activities.
- Group Reflection and Action Planning
- Group reflection on the application of emotional intelligence in teaching.
- Action planning for continuous improvement.

DAY 5

- Review of Key Concepts
- Recap of key concepts from the training.
- Addressing any remaining questions.
- Q&A and Discussion
- Sharing personal insights and experiences.
- Closing Ceremony and Certificates
- Feedback and evaluation course.

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Talk with Us

We are waiting for You

www.mobilityfriends.org

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