

XXI CENTURY SKILLS

CRITICAL THINKING AND EMOTIONAL INTELLIGENCE SKILLS



Your Mobility Partner

COURSE OVERVIEW

Critical Thinking and Emotional Intelligence Skills is an engaging and interactive training course designed to empower participants with essential skills for navigating complex challenges and making informed decisions in both educational and professional contexts. The course explores the foundations of critical thinking—such as analysis, evaluation, reflection, and problem-solving—while simultaneously developing emotional intelligence competencies, including self-awareness, empathy, emotional regulation, and effective communication. Through a blend of theoretical insights, practical activities, and real-world scenarios, participants will learn to approach problems objectively, manage emotions in decision-making, and interact more thoughtfully with others. The course encourages collaborative learning, self-reflection, and the application of critical thinking frameworks and emotional intelligence strategies to everyday situations. By the end, participants will be better equipped to think independently, handle challenges constructively, and contribute positively to their teams, classrooms, and organisations.

TARGET AUDIENCE

This course is designed for students, teachers, educators, and professionals who wish to enhance their critical thinking and emotional intelligence skills, both for personal and professional development. It is ideal for individuals seeking to improve their decision-making, problem-solving, and emotional regulation in academic, educational, or workplace environments. The course is particularly relevant for those who want to cultivate reflective thinking, empathy, and effective communication, fostering a positive, collaborative, and innovative atmosphere in teams, classrooms, or organisations.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:

- Understand the key concepts and principles of critical thinking and emotional intelligence.
- Recognise the importance of critical thinking and emotional intelligence in personal, academic, and professional contexts.
- Develop practical skills to analyse information, question assumptions, and make sound decisions.
- Enhance self-awareness and emotional regulation to respond effectively to challenges and stress.
- Foster empathy and active listening to build stronger, more respectful relationships.
- Learn techniques to resolve conflicts and communicate assertively in diverse environments.
- Encourage a reflective and open-minded approach to problem-solving and teamwork.
- Promote a positive and supportive culture in schools, workplaces, or any collaborative setting.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Identify and apply core critical thinking skills, such as analysis, evaluation, inference, and reflection.
2. Distinguish between facts, opinions, assumptions, and biases in information and arguments.
3. Make well-reasoned decisions by integrating critical thinking and emotional awareness.
4. Recognise and manage their own emotions in various situations.
5. Demonstrate empathy and active listening in interactions with others.
6. Communicate ideas clearly, assertively, and respectfully, even in challenging discussions.
7. Approach problems with an open mind and generate creative solutions.
8. Resolve disagreements and conflicts constructively using emotional intelligence strategies.
9. Reflect on their own thinking patterns and emotional responses to improve personal and professional effectiveness.
10. Foster a collaborative and supportive environment in teams, classrooms, or organisations.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: FOUNDATIONS OF CRITICAL THINKING AND EMOTIONAL INTELLIGENCE

- Introduction to critical thinking: concepts, myths, and real-world relevance.
- Emotional intelligence: definitions, components (self-awareness, self-regulation, motivation, empathy, social skills).
- Interconnection between thinking and emotion in decision-making.
- Self-assessment: personal profile in critical thinking and emotional intelligence.

MODULE 2: CRITICAL THINKING IN ACTION

- Skills for analysis, evaluation, inference, and reflection.
- Identifying logical fallacies, cognitive biases, and assumptions.
- Fact-checking: distinguishing facts from opinions.
- Practical tools: mind mapping, argument mapping, and decision trees.
- Case study analysis and “thinking traps” in everyday life.

MODULE 3: EMOTIONAL INTELLIGENCE FOR PERSONAL AND PROFESSIONAL GROWTH

- Self-awareness: recognising personal emotions, triggers, and strengths.
- Self-regulation: strategies for managing stress, impulses, and reactions.
- Empathy: understanding others’ perspectives and emotions.
- Emotional resilience in challenging environments.
- Integrating emotional intelligence into academic and workplace situations.

COURSE CONTENTS

MODULE 4: COMMUNICATION, DIALOGUE, AND ACTIVE LISTENING

- Principles of assertive communication and feedback.
- Non-verbal communication and its impact on understanding.
- Techniques for active listening and building trust.
- Navigating difficult conversations and emotional discussions.
- Tools for fostering psychological safety and open dialogue in teams.

MODULE 5: CREATIVE PROBLEM SOLVING AND DECISION MAKING

- Structured approaches: lateral thinking, brainstorming, and root cause analysis.
- Group decision-making: consensus, compromise, and collaborative thinking.
- Using emotional intelligence to overcome barriers to creative thinking.
- Applied exercises: resolving “real-life” dilemmas through group work.
- Digital tools and apps for collaborative thinking and problem-solving.

MODULE 6: CONFLICT MANAGEMENT AND CRITICAL REFLECTION

- Types of conflict and their root causes (personal, group, intercultural).
- Conflict resolution strategies: negotiation, mediation, restorative practices.
- Using critical thinking to deconstruct and understand conflict situations.
- Emotional regulation during conflict: strategies and techniques.
- Reflection on personal conflict style and developing an action plan for improvement.

COURSE CONTENTS

MODULE 7: INTEGRATING SKILLS - PERSONAL ACTION PROJECT

- Designing a personal or group project to address a real challenge (academic, professional, or social).
- Step-by-step application of critical thinking and emotional intelligence to the project.
- Peer coaching: sharing progress, feedback, and obstacles.
- Presenting project outcomes and reflecting on personal growth.
- Planning next steps for continued development.

OPTIONAL MODULE – ADVANCED TOOLS AND DIGITAL RESOURCES

- Exploring apps and digital resources for self-reflection and group collaboration.
- Introduction to AI and critical thinking in the digital age.
- Using online platforms for debate, discussion, and collaborative learning.
- Creating digital portfolios to document skill development.

MOBILITY FRIENDS TRAINING CENTER



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