



Short Course Workshop

Course Title: Emotional Intelligence Training Level One

Type	Personal Development
Business	EI Centre
Course Title	Emotional Intelligence Training Level 1
Hours	8 hours
Delivery	Face to Face and Online – Thursday February 2nd th , 9 th and 16 th and 23 rd 6.30pm- 8.30pm
Course Description	This course will introduce you to the concepts of emotional intelligence and how it can assist you in managing self and understanding the emotions of others. These skills can help you improve your personal and work life situations and enable you to build positive relationships with yourself and others.
Cost	\$400.00
Objectives/Learning Outcomes And Topics	<p>Course Learning Outcomes and Topics</p> <p>Upon successful completion of this course, you will be introduced to the concepts of:</p> <p>INTRO</p> <ol style="list-style-type: none"> 1. The concept of Emotional Intelligence and the five elements 2. The Science of EI 3. Ei Self-assessment and self-image 4. Self - Awareness 5. Paradigms – values and beliefs 6. Self - Regulation 7. Setting new goals and Motivation 8. Emotions and Habits 9. Empathy and Trust 10. The Hidden Skills 11. Meditation and Visualisation 12. Using Ei to take action
Overview of Learning Activities	Your learning will occur through a variety of experiences which includes face to face teaching, in class discussions, role plays and self-learning tools.
Overview of Learning Resources	EI Centre will provide you with a workbook and other additional or relevant notes. You will also be provided with tools to take home to assist with your progress

Participation Certificate	You will be provided with a Certificate of Participation upon the completion of the course.
Facilitator Details	<p>Annitta Siliato</p> <p>Bachelor of Social Science and Law (Psychology), Graduate Qualification in Education, Certificate IV in Education and Training, Qualified in Emotional Intelligence and Brain Based Coaching and Leadership, Victorian Institute Teaching Registration</p> <p>eicentreinfo@gmail.com</p>