



GLOBAL
INDUSTRIES
INTELLIGENCE

ADVANCED EMOTIONAL INTELLIGENCE

COURSE OUTLINES

This advanced course on Emotional Intelligence (EI) builds on foundational knowledge and focuses on enhancing your emotional self-awareness, self-regulation, empathy, social skills, and

DAY 1: INTRODUCTION TO ADVANCED EMOTIONAL INTELLIGENCE

- **Overview of Emotional Intelligence (EI)**
 - Review of the five components of EI: Self-awareness, Self-regulation, Motivation,
 - Empathy, and Social Skills
 - Understanding the impact of EI on leadership, teamwork, and communication
 - EI and its role in personal and professional success
- **Advanced Self-Awareness**
 - Techniques to enhance emotional self-awareness
 - Recognizing and understanding your emotional triggers
 - Reflection exercises to increase emotional clarity and understanding
 - Assessing your EI through self-assessment tools and feedback
- **Mindfulness Practices for Emotional Awareness**
 - Introduction to mindfulness techniques to boost emotional self-awareness
 - Breathing exercises, meditation, and emotional journaling for better self-reflection

DAY 2: ADVANCED SELF-REGULATION

- **Understanding and Managing Emotions**
 - Strategies for recognizing emotions as they arise
 - Tools for regulating intense emotions (anger, frustration, anxiety)
 - Cognitive restructuring: Changing negative thought patterns
 - Building emotional resilience through adaptive coping strategies

- **Stress Management and Emotional Control**

- Identifying sources of stress and their emotional impact
- Techniques for managing stress and emotional overload
- The role of self-talk and self-compassion in managing emotional reactions

- **Emotional Agility and Flexibility**

- The importance of emotional adaptability in a changing environment
- Practicing emotional flexibility through real-life scenarios
- Developing the ability to shift emotional responses to benefit outcomes

DAY 3: ADVANCED EMPATHY AND SOCIAL AWARENESS

- **Building Deep Empathy**

- Developing an understanding of others' emotions and perspectives
- Active listening skills to foster empathy
- Recognizing emotional cues and non-verbal communication
- Empathy mapping and its role in conflict resolution



- **Perspective-Taking and Emotional Influence**
 - The power of perspective-taking in improving relationships
 - Exercises in putting yourself in others' shoes to understand their emotional states
 - The role of empathy in creating trust and rapport with others
- **Social Awareness and Emotional Intelligence**
 - Understanding group dynamics and emotional undercurrents in teams
 - Recognizing and responding to the emotional climate of a group or organization
 - How to use social awareness to influence group behaviors and decisions

DAY 4: ADVANCED SOCIAL SKILLS AND EMOTIONAL INFLUENCE

- **Mastering Social Skills for Leadership**
 - Building and maintaining relationships with colleagues, clients, and stakeholders
 - Effective communication strategies to express emotions and ideas clearly
 - Handling difficult conversations and conflict resolution with emotional intelligence
 - The role of persuasion and negotiation in social influence
- **Emotional Influence in Leadership and Teamwork**
 - How to inspire, motivate, and positively influence others emotionally
 - Leadership styles and emotional intelligence: Empowering teams through EI
 - Building a culture of emotional intelligence within organizations
 - Leading with empathy: balancing authority and emotional sensitivity
- **Navigating and Resolving Conflicts Using EI**
 - Identifying sources of conflict and emotional triggers in interpersonal issues
 - Using emotional intelligence to de-escalate tension and mediate conflicts
 - Role-play exercises in resolving conflicts through empathetic communication

- Managing organizational conflict with emotional awareness

DAY 5: INTEGRATING EMOTIONAL INTELLIGENCE INTO DAILY LIFE AND CAREER

- **Practical Strategies for Applying EI in the Workplace**

- Techniques for applying emotional intelligence in meetings, presentations, and networking
- Managing emotions in high-stakes situations (e.g., performance reviews, negotiations)
- Building long-term relationships with emotional intelligence in client-facing roles

- **Case Studies and Hands-On Project**

- How emotional intelligence affects your professional image and influence
- Strategies for leveraging EI to build a strong, authentic professional identity
- Developing emotional leadership and inspiring others through example



- **Developing an Action Plan for Ongoing EI Growth**
 - Identifying areas for continued improvement and setting EI development goals
 - Building an action plan for integrating EI into daily routines
 - Using EI in personal life: relationships, family, and self-care
- **Case Studies and Real-World Application**
 - Analyzing real-world case studies to apply learned EI skills in complex situations
 - Group discussions and role-playing exercises to simulate practical EI applications

ADDITIONAL COURSE DETAILS:

- **Target Audience:** Leaders, managers, HR professionals, entrepreneurs, and individuals seeking to enhance their emotional intelligence for career or personal growth.
- **Learning Methodology:** The course includes interactive workshops, role-playing exercises, group discussions, case studies, and reflective exercises

By the end of the course, participants will have the tools and techniques to leverage advanced emotional intelligence to navigate complex emotions, improve interpersonal relationships, enhance leadership skills, and foster a more emotionally aware and resilient work environment