

DEVELOPING EMOTIONAL INTELLIGENCE - PART 1

INTRODUCTION

Being a teacher or trainer is not only about lecturing facts to students or learners. By spending time with our students (either in person or online) we have a unique position to have a direct impact on different areas of their lives. This is especially relevant in cases where students/learners do not have good role models in their lives. It is important they have someone who connects with them and supports them also in the process of learning and developing emotional and social skills.



The high prevalence worldwide of stress among young people, the small rise in life satisfaction, and the synergy between learning and pleasant emotions all argue that teachers and trainers need to focus also on teaching the skills of emotional intelligence and ability to establish emotional balance. We need teachers and trainers who can strengthen learners' ability and skills to perceive, recognize, understand, and manage emotions as well as their ability to connect with others in a supportive and meaningful way.



Integrating knowledge and skills of emotional intelligence and empathy into the learning process has the power to improve student motivation, engagement, and accomplishment by helping them to manage intense emotions, encourage and savor pleasant emotions and optimism, increase emotional resilience, build empathy and meaningful social relationships, and find greater meaning and satisfaction in learning process or learning environment.

OBJECTIVES

The training will equip participants with knowledge and skills for creating a learning environment where emotions play an important role in the learning process. Participants will learn how to strengthen awareness and management of emotions, how to support learners in creating emotional balance and how to encourage empathy and supportive relationships.



METHODOLOGY



The training is designed as a set of **4 sessions and is going to be implemented online** (via Zoom platform - the link will be sent in the week before the training) **as an interactive process** with emphasis on establishing open, two-way communication between trainers and participants as well as between participants themselves. Exchange of ideas and good practices is important for broadening our knowledge and finding different possibilities and activities for strengthening emotional intelligence of learners as well as teachers and trainers. The learning process will focus on experiential learning and workshop approach. It will include discussions, working in groups and pairs, presentations, individual exercises, and practical activities. The participants will also receive additional learning material after the training.

TRAINERS

Jerneja Šibilja



She works as project manager and trainer in STEP Institute and ISA institute. She has carried out several workshops in the field of personal growth and strengthening of soft skills (communication, relationships, emotional intelligence, resilience etc.). She is a certified SDI facilitator, recently she has also finished a training on mindfulness. She is active in the projects related to the positive psychology, growth mindset, inclusion of vulnerable groups (e.g. immigrant children) and primary prevention of violence. Her passion is the development and implementation of programs that enable children and youth to grow and develop their talents, skills and strengths. She is also skilled in event management, organizing and coordinating international seminars, workshops, and conferences. Jerneja is a “blue person” which means that relationships and working for and with other people energize her and give her strength for her personal and professional endeavors.

Monika Špital



She has gained experience with organizing international projects and working with groups through six years of volunteering as a scout's leader. Monika is project manager and trainer in STEP Institute and works also in HR company Primera Group, which hosts Erasmus plus in-service training for teachers. She expands her knowledge by participating in different workshops and training on coaching and moderating techniques. Her research interests are soft skills, psychological well being, creativity and training' efficiency. These are also the topics she covers as a trainer. She usually underpins the content with graphical facilitation since she enjoys combining art and psychology. Whenever possible, she likes to calm her mind in nature.

DAY-BY-DAY PROGRAMME

SESSION 1: 22 March 2021 →9.30 - 11.30 (Central European time - CET)

WARM-UP	Icebreaker & presentation of trainers and participants
EXERCISE	Importance of emotions and emotional intelligence What if magic potion existed?
WORK OUT	“A minute for emotions” Pillars of emotional intelligence
STRETCHING	Home-play activity :)

SESSION 2: 23 March 2021 →9.30 - 11.30 (CET)

WARM-UP	Home-play reflection
EXERCISE	Emotion perception and recognition What does the body tell us? Practical activity
WORK OUT	Emotion management
STRETCHING	“A minute for emotions”

SESSION 3 24 March 2021 →9.30 - 11.30 (CET)

WARM-UP	Pay attention - what do you notice?
EXERCISE	Empathy goes online Supportive conversations
WORK OUT	Tell me a story & I'll listen
STRETCHING	Pleasant & positive

SESSION 4: 25 March 2021 →9.30 - 11.30 (CET)

WARM-UP	Don't forget to breathe
EXERCISE	How do emotions motivate us? Emotion awareness and management in action “A minute for mindfulness”
WORK OUT	Putting it all into action: Let's share and plan next steps
STRETCHING	Let's conclude with a visualization