



# Emotional Intelligence

## Self-Awareness

### Course Description

In this workshop, participants will gain a finer understanding of what emotional intelligence is and how it develops. The course is built on three EQ pillars: self-awareness, self-regulation and self-improvement. The course draws from the latest research and trends in emotional intelligence, topics like interoception and emotional granularity. By the end, participants will leave with enhanced levels of understanding about their own emotional experience and how to navigate that experience within the context of their everyday work and life situations.

### Course Outline

- EQ Pillars
  - Self-Awareness
  - Self-Regulations
  - Self-Improvement
- Interoception
- Emotional Granularity

