

MOOC Training

– Emotional Intelligence –

SYLLABUS

MODULE 1. BASICS OF EMOTIONAL INTELLIGENCE

- Video 1:
 - General overview of Emotional Intelligence.
 - Basics on human brain physiology
 - The role of the amygdala in emotion.
- Video 2:
 - The frontal lobe as an inhibitor of disproportionate emotions.
 - Concept of Emotional Intelligence.
 - Emotional Intelligence's tools.
- Video 3:
 - Magic Techniques Training® applied to companies: Self-control.

MODULE 2. EMOTIONAL INTELLIGENCE IN PLAY

- Video 1:
 - Families of emotions.
 - Personality types.
 - Cognitive reappraisal.
- Video 2:
 - Self-control.
 - Self-control techniques.
 - Leadership and Emotional Intelligence.
- Video 3:
 - Magic Techniques Training® applied to companies: Black & White thinking; Count to ten technique.