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.

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