

# The Power of Emotional Intelligence: Understanding and Managing Emotions



## *EMOTIONAL INTELLIGENCE & EXECUTIVE FUNCTION* CERTIFICATE COURSE



**THE SELF ACADEMY**  
Cultivating Emotional Strength

Do you want to have a better understanding  
of how your emotions impact on other  
people?

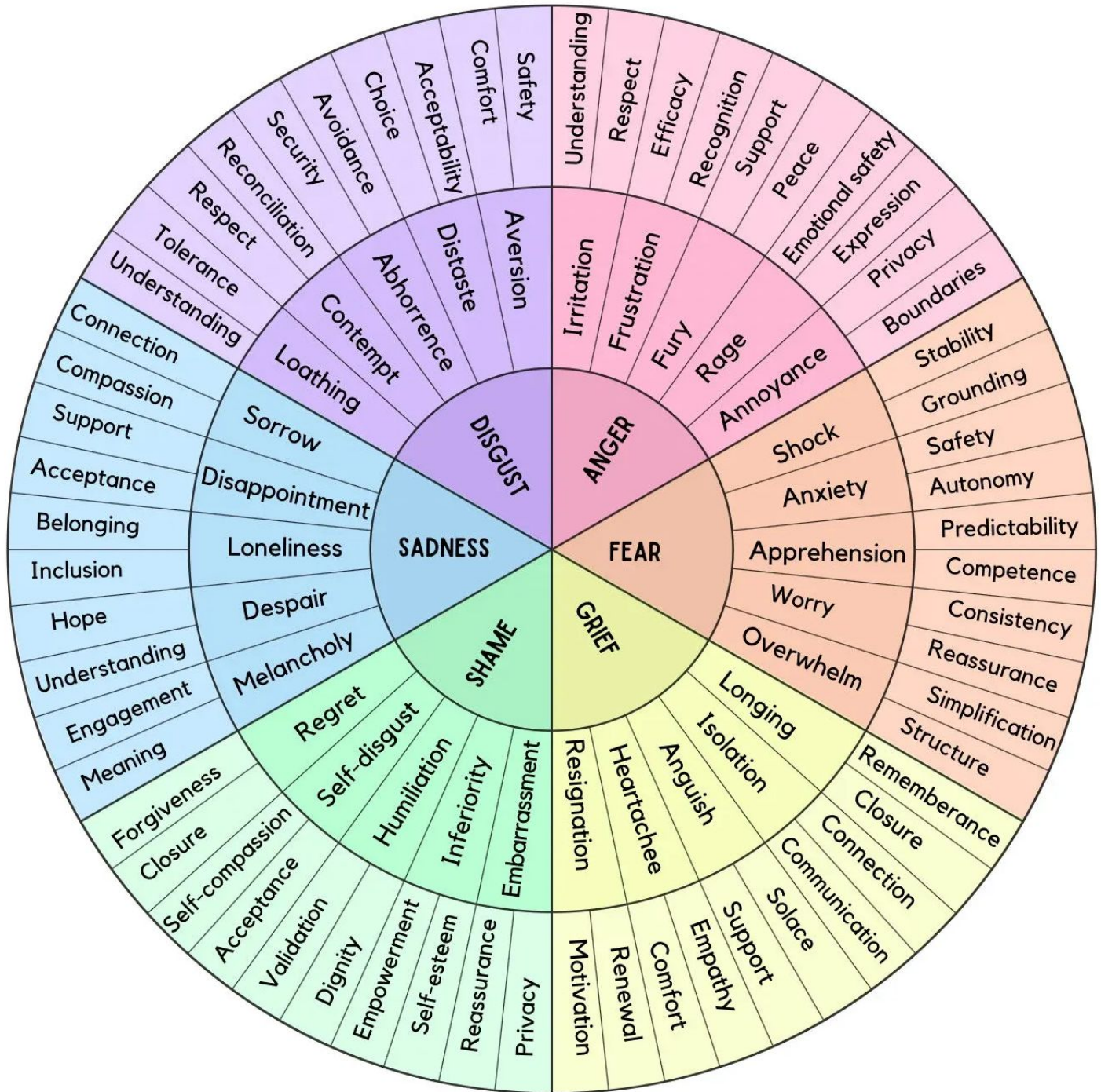
**Our Emotional Intelligence training course will show  
you how improved performance, and better  
relationships can be formed by understanding how  
our behaviors impact on others**

## EMOTIONAL INTELLIGENCE TRIANGLE

Stages of Emotional Intelligence



# THE FEELINGS-NEEDS WHEEL

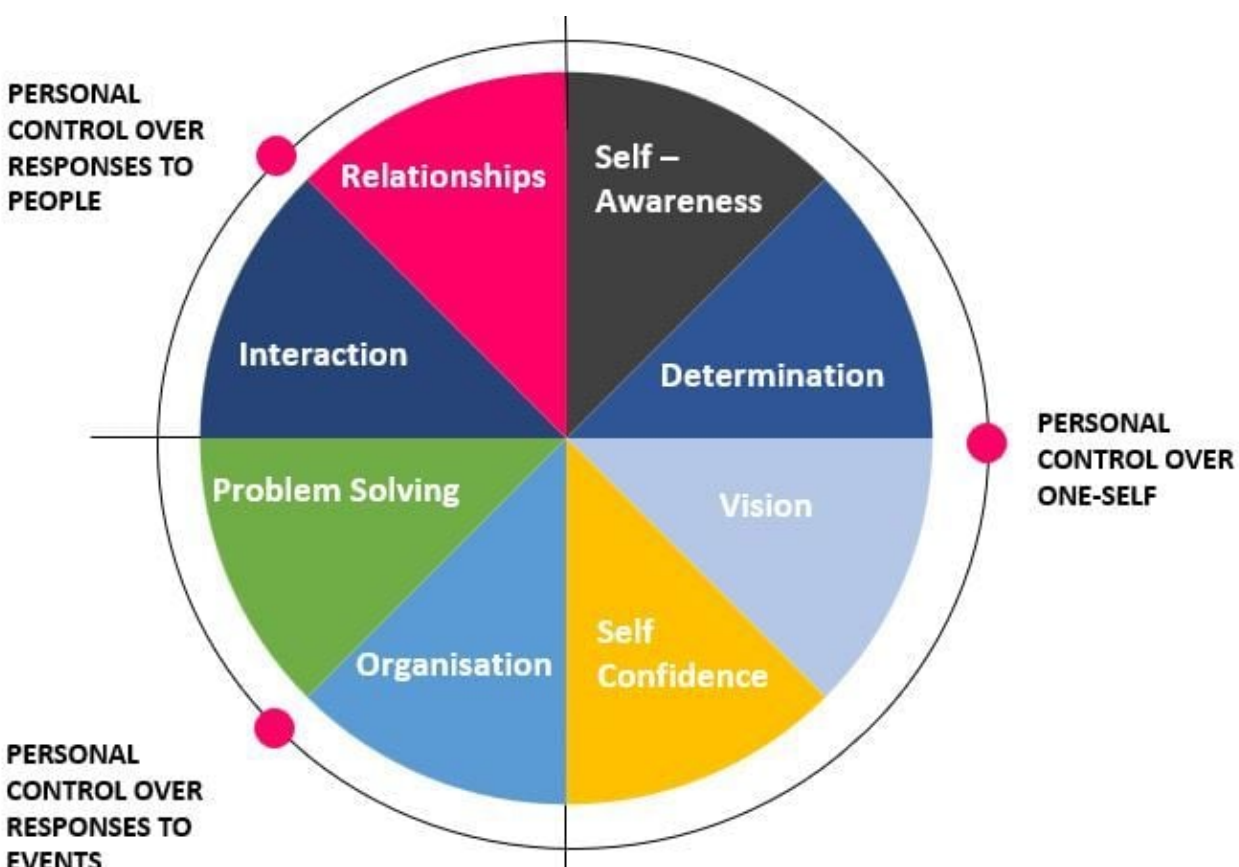


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**BREAK THROUGH YOUR LIMITS**

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# **TRANSFORMING UNCONSCIOUS PATTERNS INTO CONSCIOUS AWARENESS**





# EMOTIONAL INTELLIGENCE

Emotional Intelligence is not just a skill—it's the switch that turns confusion into clarity, stress into strength, and relationships into connection.

When you begin this journey, you'll notice small but powerful “light bulb moments”: where you learn to make emotion work for you, not against you. Realizing why you react the way you do.

Understanding that anger, fear, or shame are not enemies but messengers.

Emotional intelligence course is a life changing programme that can have a tremendous impact on the success and effectiveness of your personal life, relationship, career growth.

This course is an invitation to embark on a journey of self-awareness—cultivating emotional insight and building effective, professional interpersonal skills.

**Recognizing that the way you see yourself directly shapes how you relate to the world.**





## COURSE OBJECTIVE

To equip participants with practical, science-based tools to understand themselves, manage emotions, build healthy relationships, and create meaningful impact in personal, academic, and professional life.

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## PROGRAM FRAMEWORK

Duration: 40 Hours | Biweekly | 2 Hours per Session

Format: Available in Classroom and Online (via Zoom)

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## LEARNING APPROACH

Engage through learning conversations, role plays, reflective exercises, and interactive discussions designed to deepen understanding and emotional awareness.

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**Fee: ₹10,000**

(Inclusive of ₹200/hr GST, Certificate, and Course Handbook)

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**DISMANTLE SELF-SABOTAGE,  
BUILD AUTHENTIC CONFIDENCE.**



## COURSE OUTLINE

### **MODULE 1:**

#### **KNOW YOUR INNER WORLD (8 HOURS)**

Enable learners to recognize and understand their thoughts, emotions, and behavior patterns, forming the foundation for emotional intelligence and personal growth

### **MODULE 2:**

#### **NAVIGATE YOUR EMOTIONS ( 6 HOURS)**

To help learners recognize, name, and manage their emotions effectively, using practical tools that turn overwhelming feelings into opportunities for clarity, growth, and healthier responses.

### **MODULE 3:**

#### **MINDSET SHIFT ( 8 HOURS)**

To help learners recognize and shift limiting beliefs into empowering ones, strengthen self-awareness of personal strengths and weaknesses, and build congruence and alignment between their inner world, relationships, and purpose.

### **MODULE 4:**

#### **MOTIVATION & COURAGE (8 HOURS)**

Help learners understand the science of motivation, overcome burnout, confront inner injunctions, and build courage through resilience practices and micro-habits.

### **MODULE 5:**

#### **BUILDING HEALTHY RELATIONSHIP (4 HOURS)**

To help learners move from unhealthy relational patterns toward trust, empathy, and assertive communication, equipping them with practical tools to create meaningful, balanced, and supportive connections.

### **MODULE 6:**

#### **INTEGRATION AND GROWTH (6 HOURS)**

Enable learners to integrate emotional intelligence skills into everyday life by deepening feedback practice, problem-solving abilities, and storytelling, while understanding perception and bias through a social-work lens.



## COURSE CONCEPTS

### MODULE 1: KNOW YOUR INNER WORLD

- 1.SELF-AWARENESS: DEFINITION AND IMPACT ON PERSONAL LIFE.
- 2.THE MIND'S CEO - UNDERSTANDING EXECUTIVE FUNCTION.
- 3.UNDERSTANDING THOUGHT-FEELING-BEHAVIOR PATTERN
- 4.EGO STATES: INTRODUCTION TO PAC MODEL
- 5.TRIGGERS AND RESPONSES: IDENTIFYING SITUATIONS THAT PROVOKE EMOTIONAL REACTIONS.
- 6.INNER DIALOGUE: AWARENESS OF AUTOMATIC THOUGHTS AND SELF-TALK.

### MODULE 2: NAVIGATE YOUR EMOTIONS

- 7.UNDERSTANDING EMOTIONS AS DATA.
- 8.LANGUAGE OF EMOTIONS AND EMOTION DIMENSIONS
- 9.NEUROSCIENCE OF EMOTIONAL REGULATION - HOW TO MAKE EMOTION WORK FOR YOU, NOT AGAINST YOU.
- 10.LIFE POSITION AND BOUNDARIES
- 11.BODY SENSATIONS
- 12.HOW STRESS, TRAUMA OR BURNOUT DISRUPT EXECUTIVE FUNCTION.
- 13.JOURNALLING EMOTIONAL PROCESSING





## COURSE CONCEPTS

### MODULE 3: MINDSET SHIFT

14. WITHIN BETWEEN BEYOND FRAMEWORK

15. COGNITIVE RESTRUCTURING AND EMOTIONAL REFRAMING

16. STRENGTH AND WEAKNESS INVENTORY

17. OVERCOMING PROCRASTINATION WITH EMOTIONAL INSIGHT

18. ADAPTING TO CHANGE THROUGH PERCEPTIVE TAKING.

19. CONGRUENCE AND ALIGNMENT

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### MODULE 4: MOTIVATION AND COURAGE

20. GROWTH MINDSET

21. DECISION FATIGUE AND TASK INITIATION

22. MOTIVATION AND THE DOPAMINE CYCLE

23. BURNOUT DRIVERS

24. INJUNCTIONS: HIDDEN RULES THAT BLOCK MOTIVATION

25. THE TIME-ENERGY-MONEY TRIAD

26. THE NEUROSCIENCE OF GOAL PURSUIT

27. RESILIENCE AS A MUSCLE - WHY UNDERSTANDING AND SMALL, CONSISTENT ACTIONS OUTLAST BURSTS OF WILLPOWER.?



## COURSE CONCEPTS

### MODULE 5: BUILDING HEALTHY RELATIONSHIP

28. ATTACHMENT STYLES

29. EMPATHY AS COGNITIVE FLEXIBILITY

30. PASSIVE AGGRESSIVE AND ASSERTIVE COMMUNICATION

40. THE DRAMA TRIANGLE: EXPLANATION OF UNHEALTHY ROLES

41. TRUST- THE BRIDGE BETWEEN EMOTION AND UNDERSTANDING

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### MODULE 6: INTEGRATION AND GROWTH

42. THE DIAMOND CUTTER” PRINCIPLE OF FEEDBACK

43. DIFFERENCE BETWEEN SOLVING FOR RELIEF VS SOLVING FOR GROWTH.

44. STORYTELLING AS A BRIDGE BETWEEN INSTINCT AND DISTINCT SENSE-MAKING

45. CONCRETE THINKING: GROUNDING ABSTRACT EMOTIONS INTO ACTION

46. CRITICAL THINKING AND PERCEPTION BIAS: SEEING AND THINKING BEYOND OBVIOUS AND THE BIAS

47. THE EMOTIONALLY INTELLIGENT MIND

48. CAPSTONE PROJECT: DEMONSTRATE THE INTEGRATION OF EMOTIONAL INTELLIGENCE SKILL THROUGH PRACTICAL REAL-WORLD PROJECT.



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LET'S TALK - WE ARE HERE TO HELP

**If you have any questions about our Emotional Intelligence course or would like to talk about your emotional healing, then just get in touch.**

**Call us at  
7204308070**

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**Enroll today !**

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**Build Emotional Intelligence as your strategic advantage in work and life. Elevate your leadership skills. Empower growth – within and beyond.**

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**Transform your mind  
and emotions in  
harmony – where  
Awareness becomes  
ACTION.**



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