

# Workshop “Become Emotionally Smart”

## Objectives

During a “Become Emotionally Smart” workshop participants gain an understanding of the concept of Emotional Intelligence (EQ) and the science behind it. They also learn about all 15 competencies of the EQ framework, based on the Reuven BarOn Model, and the interconnection between them. Each participant will get his/her own assessment of emotional intelligence and strategies on how to enhance the areas of EQ that he/she is interested in improving. After a workshop each participant has an action plan in hand for immediate implementation to develop his/her EQ.

## Duration:

Step 1: Assessment on emotional intelligence (prerequisite), estimated time 30-50 min.

Step 2: Classroom training, estimated time 2 days, or subject to negotiate

Step 3: Bilateral discussion between a trainer and a participant about results of the assessment  
(If required by the client)

## Content:

### Module 1: Overview of Emotional Intelligence

- What EQ is/ is not
- The science behind EQ
- The application of EQ

### Module 2: Introduction of EQ-i 2.0 Framework

- Definition of each competency of the EQ Framework
- Interrelation between different EQ scales
- Strategies to develop EQ competencies

### Module 3: Interpretation of EQ assessment results

- Score on overall EQ and on each competency
- Balancing EQ scales
- Discussion about the areas of EQ and the strategies for development
- Creation of an action plan and commitments to work on EQ skills