Emotional Intelligence Training Resources

Overview:
Working well with others is important to the success of camp counselors, volunteers, 4-H professionals, rocket scientists … and the list goes on. Everyone! Businesses, organizations, and schools systems are coming to realize that developing skills to work well with others is important to everything they do. In the 4-H environment, it is important to work well as a team, whether it’s colleagues, adults, teens, or youth. These skills are often referred to as social/emotional intelligence.

The following lessons, designed to assist all participants in developing their own emotional intelligence, will enhance 4-H professional’s work with others. Recognizing and understanding one’s emotional wellbeing, is the first step. Then being able to control those emotions, as necessary, before encountering others is a valuable skill to learn. Finally, assessing the ‘mood’ of others is also an important skill to be learned in working with all types of people. These three steps, well learned, and practiced prior to confronting a situation will assist in communication, timing, and responding to various social situations.

Overall Objectives: The overall objectives of this curriculum are:
1) Provide resources for 4-H professionals to use with volunteers, camp counselors, and teen audiences to enhance emotional intelligence.
2) Assist 4-H volunteers, camp counselors, and teens enhance their emotional intelligence skills in communication, timing, and responding to social situations.

Target Audience: 4-H camp counselors, 4-H volunteers, and other 4-H teen audiences.

Curriculum Description: This curriculum is designed to allow 4-H professionals, along with teen and adult volunteers throughout the state to be equipped with various lesson plans related to emotional intelligence including: self-awareness, social awareness, self-management, and relationship management.