

Emotional Intelligence Training Resources

Overview: provides general information about the curriculum, including objectives, target audience, and curriculum description.

Background: Provides background information related to emotional intelligence, including what emotional intelligence is, the quadrants of it (includes self-awareness, self-management, social awareness, and relationship management), and specific information related to each of the quadrants.

Lessons and associated handouts with each lesson

Although these lessons can be used in any order, they are listed beginning with learning about the self before moving on to relationships with others.

Self-Awareness

Self-Awareness: Emotional Intelligence Decision Tree

- Lesson
- Addendum #1
- Addendum #2

Self-Management

Self-Management: Reactions Matter

- Lesson
- Addendum

Self-Management: Being Aware of Feelings

- Lesson
- Addendum

Social Awareness

Social Awareness: Do the Eyes See What the Ears Hear?

- Lesson
- Addendum #1
- Addendum #2

Relationship Management

Relationship Management: Identifying Feelings

- Lesson
- Addendum

Relationship Management: Working with Others

- Lesson
- Addendum

Evaluations

- Participant Evaluation
- Facilitator Evaluation