

## Emotional Intelligence for Youth

### Syllabus

Are our emotions always in our control? Can we make maximum use of our intelligence in making any decision?

Do we have to use intelligence or emotions in every aspect of life?

Isn't it better to combine our intelligence and emotions with emotional intelligence?

Always our intellect hijacks by our emotions. But why? Because we don't know the science behind the technical issues of our psychic brain. Even we don't know how many triggerable emotions we are dealing with.

So, we are here with the deep knowledge of emotional intelligence. All the modules and materials are technical and scientific but it will bring a spiritual change in your life, we promise. After studying this course, you should be able to:

- How to use emotions and intellect simultaneously.
- saving thyself from emotional hijack.
- get rid of bad habits.
- know the 8 basic emotions and how to deal with anger and fear.
- improve self-awareness and self-management.
- Hypnotism for communication skills.
- improve social-skills
- know how to motivated in all ways and always.

Modules		Takeaways	Key Exercise/Quiz
Modules 1	Introduction (2:00 hr.)	<ul style="list-style-type: none"> <li>• What is mind</li> <li>• What emotional intelligence</li> <li>• History</li> <li>• Mind, brain and EI</li> <li>• Type of emotions and explanation</li> <li>• How EI works</li> <li>• Summary</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #1</li> </ul>
Modules 2	Self-Awareness (1:00 hr.)	<ul style="list-style-type: none"> <li>• What is self-awareness and why?</li> <li>• State in which self-awareness is possible.</li> <li>• 5 effective ways to increase self-awareness.</li> <li>• Self-assessment for self-awareness.</li> <li>• Summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #2</li> </ul>
Modules 3	Self-management (2 hr.)	<ul style="list-style-type: none"> <li>• What is self-Management and why?</li> <li>• 5 effective ways for self-management.</li> <li>• Self-assessment for self-management.</li> <li>• Summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #3</li> </ul>
Modules 4	Social-Awareness (1:00 hr.)	<ul style="list-style-type: none"> <li>• What is Social-awareness and why?</li> <li>• 5 effective ways for Social-awareness.</li> <li>• Self-assessment for Social-awareness.</li> <li>• Summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #4</li> </ul>
Modules 5	Social Skills (1:00 hr.)	<ul style="list-style-type: none"> <li>• Why social skills are needed?</li> <li>• Self-assessment for Social-skills</li> <li>• Leadership</li> <li>• Hypnotism for communication</li> <li>• Summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #5</li> </ul>
Modules 6	Self-Motivation (2:00 hr.)	<ul style="list-style-type: none"> <li>• Importance of self-motivation</li> <li>• 5 effective ways for increasing self-motivation.</li> <li>• Self-assessment for self-motivation.</li> <li>• Summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz #6</li> </ul>