Online Emotional Intelligence Program Content

Topic	Online	Zoom	Time Frame
Introduction to EQ	Pre Test		0.25 hrs
Introduction to EQ	EQ Self Assessment		0.5 hrs
Introduction to EQ		Introduction	2 hrs
Origin of Emotions	Laws of OUR Nature with reflection exercise		8 hrs
Origin of Emotions		Topic Discussion	1 hrs
Origin of Emotions	Wild Horse Rule		2 hrs
Origin of Emotions	Cognitive Behavioural Flowchart		3 hrs
Origin of Emotions		Topic Discussion	1 hrs
Emotional Debt	Emotional Debt with reflection exercise		4 hrs
Emotional Debt		Topic Discussion	1 hrs
Stress Management	Battle Against Stress with reflection exercise		1 hrs
Stress Management	Assorted Concepts		1 hrs
Stress Management	Confict Management		2 hrs
Stress Management		Topic Discussion	1 hrs
Communication	Assertiveness		1 hrs
Communication	OBIO - Communication Model with "role palys"		3 hrs
Communication		Topic Discussion & Conclusion	1 hrs
Conclusion	Post Test		0.5 hrs
Conclusion	Program Evaluation		0.25 hrs
			33.5 hrs