

# Emotional Intelligence

## Course Content

- Fundamentals of Emotional Intelligence: Nature and Significance, Models of emotional intelligence: Ability, Trait and Mixed.
- Building blocks of emotional intelligence: self-awareness, self-management, social awareness, and relationship management.
- Personal Competence: Self Awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development.
- Social Competence: Social Awareness: Others' Perspectives, Empathy and Compassion
- Emotional Intelligence: Measurement and Development: Measures of emotional intelligence. Strategies to develop and enhance emotional intelligence.

## References:

1. Emotional Intelligence: A Practical Guide by David Walton
2. Primal Leadership: Realizing the Power of Emotional Intelligence by Daniel Goleman, Richard Boyatzis, and Annie McKee

