

# About Mastering Emotions Video Course

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*The other skills you need for success*

## Overview

**Mastering Emotions** teaches the skills of **Emotional Intelligence (EI)**. EI is the ability to recognise and manage your emotions, and respond well to the emotions of others. EI has four quadrants: *Self-awareness*, *Self-management*, *Social Awareness*, and *Relationship Management*. Each quadrant has its own skills, but is inextricably linked to the other three. **Mastering Emotions Video Course** is delivered to individuals, both private and in business.

**Private individuals** will benefit by better understanding and taking charge of their emotions before they get out of hand, reducing distress and damaged relationships. Each person has a different perspective on things. Responding to differences without emotional reactivity allows you to interact with more care and empathy. Stress can challenge us at any time. While you can't directly change what someone else does, you can change what you do. People are likely to respond differently to you when you interact from calm and confidence, rather than from heightened emotional reactivity.

**Workplaces** will benefit because leaders, managers and staff who are in control of their feelings function more effectively. When reactivity and stress are understood and controlled, the workflow improves. Losses resulting from poor behaviour are reduced. Staff benefit by their improved ability to understand and manage their own and others' emotional reactions when stress or change occurs.

## Rationale

When individuals fail to understand and manage their emotions, reactivity can get out of hand. Physical and mental health are eroded. Downward spirals occur, leading to more serious problems, such as violence and illness. People are damaged and relationships suffer. Understanding how emotions work and how to take control before it's too late is a skill worth having.

## Course Details

Delivery is in 8 short video presentations (total time just under 2-hours), each with two follow-up activities to consolidate learning. The course package consist of worksheets and links to all the videos. You can study at your own pace. When you have finished the course, we ask you complete an evaluation form and submit by email. On receipt of your form, I will email you a certificate of completion and a copy of the course slides. You can revisit the video presentations at any time.

## Participants and Cost

Complete cost of the course, including all materials is \$100 AUD. Its real worth is immeasurable.

## Participants and Enrolment

The course is suitable anyone who wants to improve their 'people skills', private individuals, as well as managers, leaders and team members. To enrol, please visit the website page link for the enrolment form. Download, complete and submit the form by email. On receipt of your form I will email you an invoice with payment details. Once your payment is cleared, all materials will be emailed to you. I hope to hear from you soon.

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