

# 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 of interest to individuals, both private and in business. Therapists, especially, will benefit.

**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 6 video presentations, varying in length, totalling 90-minutes. There are three Modules, each with follow-up activities to consolidate learning. On enrolling for the course, you will receive a link to the videos, along with the slides and activity sheets. You can download and keep all the materials. There is an assessment sheet that you can complete if you wish to receive a certificate of completion for the course.

I also ask that you complete and submit a brief evaluation form. This helps us to know how well the course has served you and if it has met your expectations. In return for your time, we are happy to send you copies of useful supplementary activities.

## Cost

Complete cost of the course, including all materials is \$77 AUD. Its real worth is immeasurable.

## Participants and Enrolment

The course is suitable anyone who wants to improve their 'people skills', private individuals, professional therapists, managers, leaders and workplace teams. To enrol, please complete the enrolment form and submit with your payment. I hope to hear from you soon.

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