



Information concerning Video Course 'Mastering Emotions'¹

Mastering Emotions is a course to inform and educate about *Emotional Intelligence* (EQ) – what it is, how it shows up in behaviour, and how to develop it. The course also covers what is *not* emotional intelligence, so that you can observe the contrast – and the effects of both.

Mastering Emotions focuses on emotional management, improving communication and understanding others. Both private individuals and workplaces will benefit. The course does not delve into complex areas such as anger management or trauma treatment, as these require more focused interventions. But the knowledge you gain from the course will certainly assist your understanding in these and other areas of emotional dysregulation.

Mastering Emotions gives you a comprehensive overview of the major concepts of EQ, and how to apply them in ordinary everyday life. The main areas of *Self-awareness, Self-Management, Social Awareness* and *Relationship Management* are covered.

The course comprises of 6 pre-recorded video presentations, PDF copies of slides, and home activities. The 6 videos vary in length, totalling 90-minutes. The activities are recommended to assist your learning and retention. A link to all the materials will be sent to you on receipt of your enrolment and payment.

Therapists who wish to use any of the materials to assist their clients are welcome to do so – I ask that you please reference them, thank you.

To obtain a certificate of attendance and completion, there is a brief 10-question multiple-choice assessment. You are asked to submit this in Word by email. It will be marked, and if at least 50% correct, you will receive a certificate. If you get less than 50% (highly unlikely!) you will be given assistance to complete the questions again so you can still receive the certificate. ACA² award 5 PD points for the course.

We also ask you to complete a brief evaluation form. This is of great value to keeping courses relevant, professional and of a high standard. As a thank-you for your time, you will receive a further list of useful self-development activities.

If you require further information about the course, please get in touch by email: pauline@radiancancehobart.com.au Or phone: 0409 191 342.

¹ Course material from various sources, including Daniel Goleman, *Emotional Intelligence* 1996, Bloomsbury, London, Christine Wilding, *Teach Yourself Emotional Intelligence* 2007, Hodder Education, London and many more.

² Australian Counselling Association.