

About Mastering Emotions Online Course

The other skills you need for success

Introduction

Emotions are an important part of life. Without emotions, it is hard to contemplate life at all. We'd have nothing to inspire or motivate us.

However, uncontrolled emotions can cause harm. *Mastering Emotions Video Course* explains about emotions, how they are triggered, and how they can take over. You learn how to manage your emotions so that you control them, rather than letting them control you.

Rationale

When individuals fail to understand or manage their emotions, they can overreact, eroding physical and mental health. Downward spirals occur, leading to more serious problems, such as violence or abuse.

People are damaged and relationships suffer. The ability to understand and control emotions are worthwhile skills. This course will equip you with those skills for when you need them.

Course Details

In 5 units, you learn about *Emotional Intelligence* - the ability to recognise and manage your emotions and respond well to others. You learn about the four quadrants: *Self-awareness, Self-management, Social Awareness, and Relationship Management*.

To consolidate learning, there are recommended home activities for each unit. The course package comprises on-line videos, and workbook and slides to download. There is an assessment to complete for certificate of completion.

Learning Objectives and Outcomes

You will learn how to:

- ◆ Recognise, name, and regulate your own emotions in healthy ways
- ◆ Understand the impact of emotions on thoughts, behaviour, and relationships
- ◆ Identify emotional triggers and build strategies to manage them



- ◆ Respond calmly and constructively to strong emotions in others
- ◆ Build empathy and emotional awareness in everyday interactions
- ◆ Apply emotional intelligence to improve communication and resolve conflict
- ◆ Develop greater self-awareness, resilience, and emotional balance
- ◆ Practical skills to support personal growth, skills to navigate relationships with care and confidence.

Benefits

Participants learn about emotions and reactive cycles. They will learn how to manage destabilising emotions by practising skills ahead of time, and in moments of crisis.

Private individuals will benefit by reducing stress and the fallout of damaged relationships. Communicating without emotional reactivity allows you to interact with more care and empathy. While you can't change what someone else does, you can change what you do.

Workplaces benefit when leaders and managers control their feelings and function more effectively. Workflow improves, reducing losses from poor behaviour. Staff benefit by their improved ability to manage their emotions and respond more calmly to their colleagues when stress or change occurs.

Participants

The course is suitable for private individuals, couples, therapists, managers, leaders and teams – everyone!

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