



Mastering Emotions Online Course Content

Course Introduction

Mastering Emotions educates about *Emotional Intelligence* (EI) – what it is, and how it affects behaviour.

Topics covered include: emotions, emotional management, reactivity, communication, relationships, triggers and much more. Total viewing time is 78-minutes.

Mastering Emotions course package comprises five videos to watch on-line, workbook and PDFs of slides to download, and an assessment to complete and submit for a certificate of completion.

Therapists can draw on the materials to assist clients, but please reference them.

There are 2 Modules with 5 Units.

Unit 1: Introduction to Emotional Intelligence

Outlines emotional intelligence, four main quadrants, cognitive intelligence, emotional vocabulary.

Video time: 15 minutes 28 seconds.

Unit 2: Self-Awareness

Explains the importance of self-awareness, how to develop it, its relevance to emotional intelligence. Describes the 'Johari Window' to help understand the possibilities and limits of self-knowledge.

Video time: 17 minutes 23 seconds.

Unit 3: Self-Management

Discusses degrees and expression of emotions, physical and cognitive reactions, responsibility, and techniques to manage distressing emotions and distorted thinking.

Video time: 21 minutes 17 seconds.

Unit 4: Social Awareness

Emphasises the need for awareness that what we do affects not just ourselves, but other people as well. Others can be harmed if we act badly. Gives examples of social skills and emotionally mature behaviours.

Video time: 8 minutes 40 seconds.

Unit 5: Relationship Management

Elucidates the relationship between the four quadrants of emotional intelligence and how each inevitably affects the others. Describes inappropriate behaviours and their likely effects. Other topics include: perspectives, influences, values, character and communication skills.

Video time: 20 minutes 17 seconds.

Conclusion

Learning about emotions is extremely important to living well. On the one hand, emotions are the pulse of life, the heart and soul of experience. But on the other, they can cause untold damage if they become the *master*, rather than the *servant* of a good life.