



COUNSELING AND MOTIVATION

EMOTIONAL INTELLIGENCE (EI): IMPROVING YOUR TEACHING

OVERVIEW

Research indicates that social and emotional skills are associated with success in many areas of life, including effective teaching, student learning, quality relationships, and academic performance. Emotional skills training for teachers can create a more stable, supportive, and productive learning environment – one that encourages positive social interaction, active engagement, and academic achievement among students.

LANGUAGE

English

TIME

2.00—4.30pm

DURATION

5 hours (2 sessions)

TARGET PARTICIPANT

ALL teachers

METHODOLOGY

- ◆ Workshop
- ◆ Hands-on activities

LEARNING OUTCOMES

- Gain understanding on the nature and processes of Emotional Intelligence (EI);
- Acquire understanding of the philosophy of EI and its challenges in implementing it as an instructional strategy;
- Demonstrate skills in using various facilitation strategies in managing students working in groups;
- Improve the quality of teaching and student learning.

CONTENT

- In-depth information about the four EI skills (i.e., the perception, use, understanding, and management of emotion).
- Knowledge of how EI skills play an integral role in academic learning, decision making, classroom management, stress management, interpersonal relationships, team building, and the overall quality of one's life.
- Exposure to innovative strategies and tools to increase each EI skill using activities, simulations, and group discussions.

TASKS

- There will be 4 different task for this session and it will require participants to reflect on particular events in their daily lives.
- Feedback on participants' perceptions on the level of their knowledge and skills on the contents of the workshop after instruction.