

## Emotional Intelligence

Course Workload		Assessment form (examination/ graded test/ ungraded test)
ECTS	Hours	
3	108	Ungraded test

Emotional intelligence (EI) is a key leadership skill that helps people to achieve goals, high performance, and productivity at work as well as to maintain effective personal relationships. It includes the ability to perceive, facilitate, understand, and manage emotions. It is a skill that can be developed. This course is based on the materials acknowledged worldwide, the latest research, and authorized practices. Through reading, listening and discussing EI concepts, mastering the five core skills of EI, observing peers, and writing reflection journals, the students will deepen their awareness of their emotional life, needs, and motivation. As a result, they will understand others better and enhance their skills for effective communication. Such practical activities as case studies and group discussions will help students to apply this new experience in real-life social situations.

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