

Emotional Intelligence vs. Cultural Intelligence (EI vs. CQ)

COURSE SUMMARY:

This course offers a comprehensive exploration of the interplay between emotional intelligence (EI) and cultural intelligence (CQ) within educational and professional settings. This course engages educators, trainers, leaders, and professionals keen on understanding and leveraging EI and CQ to foster inclusive environments and effective communication.

The course aims to equip participants with the knowledge, skills, and strategies required to navigate and foster inclusive, culturally competent, and emotionally intelligent environments in both educational and professional spheres.

This course caters to a diverse audience, including educators in

adult education, teacher trainers, career coaches, heads of educational institutions, NGOs, managers, leaders, and individuals interested in advancing their understanding and application of emotional and cultural intelligence.

TARGET GROUP(S):

- teachers - primary, secondary, vocational, university, adult
- teacher trainers and staff in education
- anyone involved in education or interested in EI and CQ

DATES:

22.01. – 26.01.2024.
19.02. – 23.02.2024.
11.03. – 15.03.2024.
22.04. – 26.04.2024.
13.05. – 17.05.2024.
10.06. – 14.06.2024.
08.07. – 12.07.2024.
16.09. – 20.09.2024.
14.10. – 18.10.2024.
25.11. – 29.11.2024.

PROGRAMME:

Day 1

- 09.00 – 10.30 | Presentation of the host institution and participants and their institution
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Ice-breaking activities, introduction to the course program
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Cultural intolerance and polarisation in Europe
- 14.00 | Free afternoon

Day 2

- 09.00 – 10.30 | Why is Cultural Intolerance important
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Cultural intelligence in educational practice
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Cultural intelligence in the workplace
- 14.00 | Free afternoon

Day 3

- 09.00 – 10.30 | Developing cultural intelligence in adults
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | What are emotions?
- 12.15 – 12.30 | Coffee break

- 12.30 – 14.00 | Emotional intelligence principles
- 14.00 | Free afternoon

Day 4

- 09.00 – 10.30 | Emotional intelligence in modern education
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Emotional intelligence in workplace settings
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Connecting with emotional self and its impact on learning

14.00 | Free afternoon

Day 5

- 09.00 – 10.30 | Theory of mind in the classroom or workplace
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Mindful listening and speaking
- 12.15 - 12.30 | Coffee break
- 12.30 - 14.00 | Feedback, evaluation and certificates
- 14.00 | Free afternoon