

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:

20.01. – 24.01.2025.
 17.02. – 21.02.2025.
 10.03. – 14.03.2025.
 31.03. – 04.04.2025.
 19.05. – 23.05.2025.
 09.06. – 13.06.2025.
 30.06. – 04.07.2025.
 14.07. – 18.07.2025.
 22.09. – 26.09.2025.
 13.10. – 17.10.2025.
 27.10. – 31.10.2025.
 10.11. – 14.11.2025
 15.12. – 19.12.2025.

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