

The Science of Emotional Intelligence

Live Virtual Facilitated – Content Overview

Module 1: Self-Awareness

In this module you will learn why Emotional Intelligence is a key driver of success - both professionally and personally. You will build your self-awareness by understanding the brain science of emotions and you'll be able to describe how your amygdala becomes hijacked. You will learn to identify your triggers and default behaviors under pressure, and how that impacts your decision-making, cognitive ability and behavior.

Module 2: Managing Emotions Under Pressure

In this module you will learn how to manage your emotions more skillfully when there is tension, conflict and pressure. You will learn the S.O.S.S. strategy, which IHHP co-developed with the U.S. Navy, and participate in activities to help you develop your own S.O.S.S. strategy. You will learn how to recognize when you are under pressure, so that you can apply the strategy, and show up at your best when it matters most.

Module 3: Emotional Connection

In this module you will learn what it means to truly connect to the emotions that drive the behavior of others. You will understand how to connect to their perspective, and learn how to help them manage their own emotions in high stake situations by applying strategies that re-engage the prefrontal cortex. These strategies will help you build inclusive and agile teams, and get the best performance from the people you lead - at work and at home!