

Mastering Emotional Intelligence–Level 1

Date:

October 14 & 21, 2023

Venue: Weill Cornell Medicine-Qatar

Course Directors: Ms. Maha Elnashar & Ms. Huda Abdelrahim

Overall Objectives**At the end of this course participants will be able to:**

- 1- Define emotions, intelligence and Emotional Intelligence.
- 2- Describe the background of Emotional Intelligence as an ability-based skill.
- 3- Recognize the impact of Emotional Intelligence on healthcare.
- 4- Identify the four core skills of Emotional Intelligence.
- 5- Discuss the Emotional Intelligence strategies.
- 6- Set up the Emotional Intelligence future work plan and goals.

Schedule

Date	Time	Topic	Objectives	Instructional materials & Strategies	Speaker
DAY ONE 08:45am to 03:15pm	08:45 - 09:00am (15 mins)	Registration			Maha Elnashar & Huda Abdelrahim
	09:00 - 10:00 am (60 mins)	Introduction	<ul style="list-style-type: none">Define emotions, intelligence, and Emotional Intelligence (EI)Describe the background of EIExplain the brain’s function of stimulating emotions in simple termsIdentify the two EI competencies	Didactic Lecture	Maha Elnashar & Huda Abdelrahim
	10:00 – 10:45 am (45 mins)			Interactive activities - Small group exercise - Video - Group discussion	
	10:45 - 11:00 am (15 mins)			Coffee break	
	11:00 - 11:30 am (30 mins)	EI Appraisal ME - Edition	<ul style="list-style-type: none">Examine the EI appraisal results:<ul style="list-style-type: none">Understanding your scoreMy EI profileThe normal curve	Didactic Lecture	Maha Elnashar & Huda Abdelrahim
	11:30 – 12:15 pm (45 mins)			Interactive activities - Small Group Exercise - Group discussion	
	12:15 - 01:15 pm (60 mins)	Lunch and Prayers			
	01:15 – 02:30 pm (75 mins)	Skill One: Self-Awareness	<ul style="list-style-type: none">Define skill one: Self-AwarenessDescribe the purpose of this skillList and explain the strategies	Didactic Lecture	Maha Elnashar & Huda Abdelrahim
	02:30 – 03:15 pm (45 mins)			Interactive activities - Videos - Small group exercise - Group discussion	

Date	Time	Topic	Objectives	Instructional materials	Speaker
DAY TWO 08:45am to 03:15pm	08:45 - 09:00am (15 mins)	Registration			Maha Elnashar & Huda Abdelrahim
	09:00 – 09:45 am (45 mins)	Skill Two: Self-Management	<ul style="list-style-type: none">• Define skill two: Self-Management• Describe the purpose of this skill• List and explain the strategies	Didactic lecture	Maha Elnashar & Huda Abdelrahim
	09:45 – 10:30 am (45 mins)			Interactive activities -Videos - Small group exercise - Group discussion	
	10:30 - 10:45 am (15 mins)	Coffee Break			
	10:45 – 11:45 am (60 mins)	Skill three: Social Awareness	<ul style="list-style-type: none">• Define skill three: Social Awareness• Describe the purpose of this skill• List and explain the strategies	Didactic lecture	Maha Elnashar & Huda Abdelrahim
	11:45 – 12:15 pm (30 mins)			Interactive activities - Videos - Small group exercise - Group discussion	
	12:15 - 01:15 pm (60 mins)	Lunch and Prayers			
	01:15 - 02:00 pm (45 mins)	Skill four: Relationship Management	<ul style="list-style-type: none">• Define skill four: Relationship Management• Describe the purpose of this skill• List and explain the strategies	Didactic lecture	Maha Elnashar & Huda Abdelrahim
	02:00 – 02:30 pm (30 mins)			Interactive activities - Videos - Small group exercise - Group discussion	
		02:30 – 03:00 pm (30 mins)	EI action plan and goals	<ul style="list-style-type: none">• Review EI action plan• Discuss insights and closing post-session with “To Do’s”	Didactic lecture
	03:00 – 03:15 pm (15 mins)	Interactive activity -Group discussion			