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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Objectives</th>
<th>Instructional materials &amp; Strategies</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>DAY ONE</td>
<td>08:45am to 03:15pm</td>
<td></td>
<td>Registration</td>
<td></td>
<td>Maha Elnashar &amp; Huda Abdelrahim</td>
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<td></td>
<td>08:45 - 09:00am (15 mins)</td>
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<td>• Define emotions, intelligence, and Emotional Intelligence (EI)</td>
<td>Didactic Lecture</td>
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|            | 09:00 - 10:00 am (60 mins)| Introduction               | • Describe the background of EI  
• Explain the brain's function of stimulating emotions in simple terms  
• Identify the two EI competencies                                        | Interactive activities  
- Small group exercise  
- Video  
- Group discussion                                               | Maha Elnashar & Huda Abdelrahim                                  |
|            | 10:00 – 10:45 am (45 mins)|                            |                                                                kö                            | Didactic Lecture                                                  |                                                        |
|            | 10:45 - 11:00 am (15 mins)|                            | Coffee break                                                                                                                                  |                                                    |                                                        |
|            | 11:00 - 11:30 am (30 mins)| EI Appraisal ME - Edition | • Examine the EI appraisal results:  
  o Understanding your score  
  o My EI profile  
  o The normal curve                                                                 | Didactic Lecture                                                  |                                                        |
|            | 11:30 – 12:15 pm (45 mins)|                            |                                                                kö                            | Interactive activities  
- Small Group Exercise  
- Group discussion                                               | Maha Elnashar & Huda Abdelrahim                                  |
|            | 12:15 - 01:15 pm (60 mins)|                            | Lunch and Prayers                                                                                                                             |                                                    |                                                        |
|            | 01:15 – 02:30 pm (75 mins)|                            |                                                                kö                            | Didactic Lecture                                                  |                                                        |
|            | 02:30 – 03:15 pm (45 mins)| Skill One: Self-Awareness | • Define skill one: Self-Awareness  
• Describe the purpose of this skill  
• List and explain the strategies                                        | Interactive activities  
- Videos  
- Small group exercise  
- Group discussion                                               | Maha Elnashar & Huda Abdelrahim                                  |
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<tr>
<td><strong>DAY TWO</strong></td>
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<td></td>
<td>to 03:15pm</td>
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|               | 08:45 - 09:00am | Skill Two: Self-Management | • Define skill two: Self-Management  
• Describe the purpose of this skill  
• List and explain the strategies | Didactic lecture  
Interactive activities  
- Videos  
- Small group exercise  
- Group discussion | Maha Elnashar & Huda Abdelrahim |
|               | (15 mins)    |                           |                                                                           |                                               |                                         |
|               | 09:00 – 09:45 am | 09:45 – 10:30 am | Skill three: Social Awareness  
• Define skill three: Social Awareness  
• Describe the purpose of this skill  
• List and explain the strategies | Didactic lecture  
Interactive activities  
- Videos  
- Small group exercise  
- Group discussion | Maha Elnashar & Huda Abdelrahim |
|               | (45 mins)    |                           |                                                                           |                                               |                                         |
|               | 10:30 – 10:45 am | Coffee Break             |                                                                           |                                               |                                         |
|               | (15 mins)    |                           |                                                                           |                                               |                                         |
|               | 10:45 – 11:45 am | 11:45 – 12:15 pm | Skill four: Relationship Management  
• Define skill four: Relationship Management  
• Describe the purpose of this skill  
• List and explain the strategies | Didactic lecture  
Interactive activities  
- Videos  
- Small group exercise  
- Group discussion | Maha Elnashar & Huda Abdelrahim |
|               | (60 mins)    |                           |                                                                           |                                               |                                         |
|               | 12:15 – 01:15 pm | Lunch and Prayers       |                                                                           |                                               |                                         |
|               | (60 mins)    |                           |                                                                           |                                               |                                         |
|               | 01:15 – 02:00 pm | 02:00 – 02:30 pm | EI action plan and goals  
• Review EI action plan  
• Discuss insights and closing post-session with “To Do’s” | Didactic lecture  
Interactive activity  
- Group discussion | Maha Elnashar & Huda Abdelrahim |
|               | (45 mins)    |                           |                                                                           |                                               |                                         |
|               | 02:00 – 02:30 pm | 02:30 – 03:00 pm |                                                                         |                                               |                                         |
|               | (30 mins)    |                           |                                                                           |                                               |                                         |
|               | 03:00 – 03:15 pm |                                             |                                                                           |                                               |                                         |