



## Learning to Learn Project (L2L).

<b>ID CODE</b>	ES03
<b>NAME</b>	<ul style="list-style-type: none"> <li>- ES Curso Experto en Inteligencia Emocional</li> <li>- EN Emotional Intelligence Course</li> </ul>
<b>URL</b>	<a href="https://institutonewmind.com/wp-content/fichas_pdf/CURSO-EXPERTO-EN-INTELIGENCIA-EMOCIONAL.pdf">https://institutonewmind.com/wp-content/fichas_pdf/CURSO-EXPERTO-EN-INTELIGENCIA-EMOCIONAL.pdf</a>
<b>LANGUAGE/S</b>	Spanish
<b>PROMOTER</b>	NewMind Instituto
<b>AUTHOR/S (if different)</b>	
<b>DESCRIPTION &amp; AIMS</b>	<p>Do you find it difficult to understand your emotions and would you like to "control" your moods? Emotions are at the centre of our lives and we don't give them the relevance they really have. This course will take a precise look at the concept of emotions, their understanding and analysis. For a long time emotions have been considered unimportant and more importance has always been given to the more rational part of the human being. But emotions, being affective states, indicate personal inner states, motivations, desires, needs and even goals. The course has an application on a personal level, to improve relationships and self-awareness, and on a work level, mainly for people in charge of teams.</p> <p>Goals:</p> <ul style="list-style-type: none"> <li>- To obtain the ability to recognise feelings and emotions in oneself and in those around us.</li> <li>- To obtain skills to know how to manage feelings depending on the context or situation in which we find ourselves.</li> <li>- To understand the feelings and behaviour of oneself and others, anticipating situations and preventing possible conflicts.</li> <li>- To "control" our state of mind, and as a consequence, that of the people around us, and thus, we will obtain reinforced and improved social and interpersonal relationships.</li> <li>- Understanding human thought and behaviour.</li> <li>- To acquire emotional competences and skills in order to learn about and put into practice emotional intelligence training programmes for children and adults.</li> <li>- Develop emotional conflict resolution skills.</li> </ul>
<b>SKILLS INVOLVED</b>	Communication skills, social skills, digital skills, learning to learn skills.
<b>EVALUATION AND MONITORING</b>	<p>The course is taught entirely online, with email consultations with tutors and online assessment. In other words, it can be taken from anywhere, at your own pace, without any kind of travel or face-to-face activity. With the detailed structure of the course, students can follow the course according to their time availability.</p> <p>There is a final exam to obtain the certificate.</p>





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<b>DURATION OF THE PROJECT</b>	Ongoing
<b>TARGET OF POPULATION</b>	<p>It is particularly suitable for all professionals who deal directly with people. Both at a child level with a deepening in the application of knowledge of emotions in dealing with children, as well as in adult relationships to promote work motivation, effectiveness, conflict resolution, energy, creativity.</p> <p>In addition, this course is especially demanded and rewarding for all those people who wish to improve their emotional skills, to know themselves better, to have more motivation, more initiative and, in short, to be happier.</p>
<b>INDIVIDUAL / GROUP ACTIVITY</b>	Individual activities.
<b>PARTICIPATION REQUIREMENTS</b>	It is not necessary to have previous knowledge of the subject. Just a desire to learn and learn more about the topic to be covered.
<b>DURATION OF THE COURSE</b>	180 hours.
<b>CONTACT</b>	<p>info@institutonewmind.com</p> <p>601 329 239</p>
<b>WHY IS IT A GOOD PRACTICE?</b>	The course provides skills and competences for the management of emotions and feelings of oneself and others. It serves to promote and encourage a better climate in the workplace, fostering positive social relations in the work environment. At the end of the course, students are able to manage their own emotions, improve communication with co-workers and bosses, fostering social skills that increase the chances of promotion in the workplace.
<b>RELATED REFERENCES</b>	<p>Emotional intelligence in practice  <a href="https://capacitaciondepersonalaxon.com/wp-content/uploads/2014/12/Inteligencia-Emocional-en-la-Practica-Daniel-Goleman-Resumido.pdf">https://capacitaciondepersonalaxon.com/wp-content/uploads/2014/12/Inteligencia-Emocional-en-la-Practica-Daniel-Goleman-Resumido.pdf</a></p> <p>Influencia de la inteligencia emocional en el desempeño laboral  <a href="https://www.redalyc.org/pdf/5530/553056601004.pdf">https://www.redalyc.org/pdf/5530/553056601004.pdf</a></p> <p>Emotional intelligence test  <a href="https://habilidadsocial.com/test-de-inteligencia-emocional/">https://habilidadsocial.com/test-de-inteligencia-emocional/</a></p>

