

Emotional Intelligence

Unlock your emotional potential and transform your interactions

A practical journey through emotional intelligence, from fundamentals to advanced strategies. Learn with real examples and apply your knowledge from day one.

6 modules

What you'll learn

- ✓ Identify and name your emotions
- ✓ Develop empathy and communication skills
- ✓ Manage stress effectively
- ✓ Resolve conflicts and build a growth mindset

Syllabus

1 Know yourself

Name emotions Manage stress

2 Relate better

Empathy Communication

3 Grow

Conflicts Mindset

Who is it for?

Professionals and students looking to enhance their emotional intelligence and personal development

Start today at capacita.paulovila.org

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