

BUILDING EMOTIONAL INTELLIGENCE

- LEVEL 1

SYLLABUS

Lesson	Keypoints	Date
Lesson 1	<ul style="list-style-type: none">• What is Emotional Intelligence?• Integrating a Tool• Establish a Homebase & Secondary Base • Homework: Lock in Your Bases	TBA
Lesson 2	<ul style="list-style-type: none">• Getting Into Your Center • Homework: Practice & Bonus Exercises• Bonus Resources: Head to Heart; Establishing Stillness	TBA
Lesson 3	<ul style="list-style-type: none">• Self Scan Exercise • Homework: Self Scan Practice	TBA
Lesson 4	<ul style="list-style-type: none">• River Exercise: Part 1 • Homework: Examining Beliefs	TBA
Lesson 5	<ul style="list-style-type: none">• Reframing• Stadium Exercise• Integrating Conflict • Homework: Re-examine Beliefs in the Context of the 3 lesson 5 exercises	TBA
Lesson 6	<ul style="list-style-type: none">• River Exercise: Part 2 • Homework: Emotional Manifesto - Crafting a Life Blueprint	TBA