



*Because Compassion begins with you . . .*

## **Emotional Intelligence for a Compassionate World - 2021**

*On Demand Course*

**Duration: 6 weeks of course content**

**Cost: \$95**

**CEUs 20**

Emotional Intelligence for a Compassionate World, is the beginning of your personal journey to a more compassionate world—an opportunity to understand and nurture your own emotions, and to develop your ability to empathize and act with compassion. Together, we can be the change we are looking for.

The course includes text, photos, videos, and written exercises and reflections. You can learn at your own place and pace and within a comfortable time frame, typically 60 to 90 minutes a week for six weeks. It also includes a self-scored assessment of Emotional Intelligence so you can get a confidential assessment of your own EI skills.

Does this describe you?

You are aware of so many people in need of compassion—in the community where you live, and far beyond to communities everywhere in the world of more than 7 billion. You believe that humankind has the potential to behave better, to treat each other with kindness, respect, and compassion—with the goal of creating a more peaceful world. You would like to act with greater compassion and make a difference.

But you may feel alone, or overwhelmed, or even despairing in your determination to “be the change” that Gandhi talked about.

What can one person do when the suffering is so vast? Does what you choose to do really matter?

## You Are Invited



Now you have an opportunity to join a community of like-minded people in the Compassion Education Institute's online course Emotional Intelligence for a Compassionate World 2021. We are pleased to offer this course in partnership with the [Charter for Compassion International](#).

This engaging, interactive, online course is the beginning of your personal journey to a more compassionate world—an opportunity to understand and nurture your own emotions and develop your ability to empathize and act with compassion.

You are invited to explore opportunities to use that compassion for creating a better world—for making a difference to clients you work with. Whether you're a child of the sixties or a forward thinking member of the X, Y, or Z generations, if you have dreamed of making a difference in the world, I invite you to join us.

Together, we can be the change we are looking for.

## Why Emotional Intelligence?

Emotional Intelligence skills and competencies can become the fertile ground for a more compassionate world.

The skills that contribute to the various components of Emotional Intelligence (self-awareness, self-management, awareness of and interaction with others, and resilience) may be viewed as essential skills for the development of compassion—in individuals, in families, in the workplace, in communities, and in the interconnected societies of people throughout the world.

## Topics of this Course

The course structure follows the five major aspects of Emotional Intelligence as defined by the Success Model of Emotional Intelligence. It includes a self-assessment of Emotional

Intelligence skills and a final Action Plan for using those skills for a more compassionate world.

### **Week One: Introduction**

- Overview of Emotional Intelligence in current models
- Contagion of emotions
- Self-assessment in Emotional Intelligence skills
- Success Model of Emotional Intelligence

### **Week Two: Awareness of the Self**

This is where it all begins:

- Being able to identify your own emotions
- Being conscious about your intentions as you act and speak
- Observing your typical reactions to others and your environment
- Recognizing how you are perceived by others

### **Week Three: Actions of the Self**

Building self-awareness allows you to:

- Develop self-compassion
- Manage your emotions in a way that allow you to maintain equilibrium
- Express your emotions appropriately
- Plan and anticipate how to cope with difficult situations

### **Week Four: Awareness of Others**

By being more aware of your own emotions and being able to manage them, you become more aware of the needs and emotions of others, by observing and understanding their:

- Words
- Actions
- Facial expressions
- Body language

### **Week Five: Interaction with Others**

The ability to successfully interact with other people builds on your awareness of others' emotions. If you have well-developed skills in this dimension, you are able to:

- Utilize that awareness to build strong relationships, teams, and support networks
- Empathize in interactions with other people
- Act with compassion when you become aware of another's pain

### **Week Six: Resilience**

It is resilience as much as any other aspect of EI that is the basis for your ability to maintain equilibrium and balance amidst inevitable changes and even crises that you encounter over a lifetime. Resilience can be enhanced and cultivated to create a rich, full life—and to extend your hand to others in need. Resilience includes:

- Optimism
- Flexibility
- Creativity
- Self-motivation
- Ability to learn from mistakes and to recover from setbacks
- Can Emotional Intelligence make a difference?
- Why compassion?
- What can one person accomplish?
- Join us at the Charter for Compassion International
- Action Plan for Using EI Skills for a Compassionate World

### **How Does This Course Work?**

- The 6 lessons of Emotional Intelligence for a Compassionate World are completely online—with easily downloadable exercises and reflections
- You can access a new lesson each week from anywhere and at any time as long as you have an internet connection. Simple!
- You work through each lesson at your own pace during the week, adding comments and questions
- This is a self-paced course, so if you get behind, you can catch up at any time and review past lessons at your convenience.
- As your guide, I will read your comments and add my own or perhaps ask you questions to provoke further thought. You can also communicate with me by email.