



## **Applied Emotional Intelligence**

### **Learning Path Outline**

#### **Course One - Introduction to Emotions and Emotional Intelligence**

- Module One - History of Emotion
- Module Two - Philosophy of Emotions
- Module Three - Development of Emotional Intelligence

#### **Course Two - Neuroscience of Emotion**

- Module One - The brain networks of emotion
- Module Two - The body and brain
- Module Three - The limitations of neuroscience
- Module Four - The future of research of the brain and emotion

#### **Course Three - Emotional Intelligence**

- Module One - Models and Measures of EI
- Module Two - Research and Case Studies
- Module Three - The future of research and development of EI Frameworks

#### **Course Four - Emotional Utility**

- Module One - The function of negative emotions
- Module Two - The function of positive emotions
- Module Three - The importance of a full spectrum of emotions

#### **Course Five - Emotion and Cognition**

- Module One - The role of the Pre Frontal Cortex
- Module Two - Executive function and the impact of emotion
- Module Three - Developing a greater capacity of executive function



### **Course Six - Emotional Complexity**

- Module One - Defining emotional complexity
- Module Two - The importance and benefits of emotional complexity
- Module Three - Developing greater emotional complexity

### **Course Seven - Emotional Balance**

- Module One - Defining emotional balance
- Module Two - The importance and benefits of emotional balance
- Module Three - Developing greater emotional balance

### **Course Eight - Emotional Regulation and Wellbeing**

- Module One - Emotions and health
- Module Two - Emotions and wellbeing
- Module Three - Developing emotional management competencies

### **Course Nine - Emotional Intelligence in the Workplace**

- Module One - Benefits of increasing emotionally intelligent behaviour
- Module Two - Barriers to the successful implementation of EI development programs
- Module Three - Developing EI Solutions that work

### **Course Ten - Practical Application**

- Module One - Choosing an area of interest
- Module Two - Designing the application
- Module Three - Implementing the application
- Module Four - Evaluating the application



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