

International Winter School- Manipal University Jaipur [IWSMUJ]-2023

[Hybrid Mode]



Course/Project Overview

Name of Course/Project- EMOTIONAL INTELLIGENCE

Name of instructor: Dr Bhawna Chahar

Session: Jan.-Feb. 2023

Language of instruction: English

Number of contact hours: 36

Credit awarded: 03

Objective of Course

After completion of this course' participants will be able to improve emotional intelligence skills which leads to academic success, career growth and sustainable business results by applying foundational practices at home and at work.

- Understand the concept and core skill areas of emotional intelligence
- Recognise the relationship between emotional intelligence, leadership and success
- Demonstrate greater self-awareness, behavioural agility and understanding of others
- Manage emotions and build personal resilience
- Build more effective relationships with people at work and at home
- Develop strategies for enhancing your emotional intelligence capabilities

Syllabus:

Emotional Intelligence: Concept and importance of emotional intelligence, difference between EQ, EI and IQ, why emotions matter? Contributors to Emotional Intelligence. Emotional Intelligence Competencies, leadership and success. Pillars of Emotional Intelligence: Self-awareness, Self-regulation, Self-Motivation, Empathy, Social skills. Models of Emotional Intelligence.

Self-Perception: Exploring the emotional intelligence facets through Emotional Self-Awareness: states, moods and traits; Noticing feelings; emotional management, mastering emotions, emotional detachment techniques to manage stressful circumstances. Self-Regard: respect and accept yourself, essentially liking the way you are. Self-Actualization: levels, self-

limiting belief, Johari window, identifying emotional triggers to realise your potential capability to lead a meaningful and rich life.

Self-Expression: Exploring emotional expression: factors that influence the expression of emotions, affirmations that help in expressing emotions effectively, ways to express emotions in appropriate ways. Emotional Independence. Assertiveness: rights and responsibilities on being assertive, techniques to express assertive behaviour effectively.

Interpersonal Skills: Interpersonal relationships: importance, ways to work positively with conflict, importance and ways to build trust. Empathy: recognise the intelligence in empathy, ways to demonstrate empathy through non-verbal signals and body language, importance of listening in empathy, methods to increase empathy. Social Responsibility: factors, role of ethics in workplace, ethical leadership, ways to improve care and support within your work environment.

Practical Activity:

- Assess your emotional intelligence
- Assess your self-perception
- Defining your life goals
- Knowing who I am?
- Assess your self-expression
- Developing empathy
- Assess your interpersonal skills
- Develop an EQ Action Plan to heighten and expand one's personal emotional intelligence quotient

Text books:

- Daniel Goleman (1996). Emotional Intelligence- Why it can Matter More than IQ. Bantam Doubleday Dell Publishing Group
- Daniel Goleman (2000). Working with Emotional Intelligence. Bantam Doubleday Dell Publishing Group
- Liz Wilson, Stephen Neale & Lisa Spencer-Arnell (2012). Emotional Intelligence Coaching. Kogan Page India Private Limited

Organization of Course

Total contact hrs 36		
1st week:	10 hrs (classes)	2 hrs (self-study/project)
2nd week:	10 hrs (classes)	2 hrs (Mid-term exam/assessment/discussion)
3rd week:	10 hrs (classes)	2 hrs

4th week:	6 hrs (Classes)	2hrs (End term exam)
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Mode of lectures: Hybrid mode lecture/videos/case study/ discussion/ workshop/ hands-on

Course/Project Plan

Lecture no.	Topic	Lecture mode	Instructor
L: 1-3	Introduction: Course Hand-out briefing. Concept and importance of emotional intelligence.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 4-5	Difference between EQ, EI and IQ, why emotions matter? Contributors to Emotional Intelligence. Emotional Intelligence Competencies, leadership and success.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 6-7	Pillars of Emotional Intelligence: Self-awareness, Self-regulation, Self-Motivation, Empathy, Social skills. Models of Emotional Intelligence.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 8-9	Practical Activity: <ul style="list-style-type: none"> Assess your emotional intelligence. Knowing who I am? 	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 10-11	Self-Perception: Exploring the emotional intelligence facets through Emotional Self-Awareness: states, mood and traits; Noticing feelings; emotional management, mastering emotions, emotional detachment techniques to manage stressful circumstances.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L:12-13	Self-Regard: respect and accept yourself, essentially liking the way you are. Self-Actualization: levels, self-limiting belief, Johari window, identifying emotional triggers to realise your potential capability to lead a meaningful and rich life.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L:14-15	Practical Activity: <ul style="list-style-type: none"> Assess your self-perception. Defining your life goals. 	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 16-19	Self-Expression: Exploring emotional expression: factors that influence the expression of emotions, affirmations that help in expressing emotions effectively, ways to express emotions in appropriate ways. Emotional Independence.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L:20-21	Assertiveness: rights and responsibilities on being assertive, techniques to express assertive behaviour effectively.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar

	Practical Activity: <ul style="list-style-type: none"> Assess your self-expression 		
L: 22-25	Interpersonal Skills: Interpersonal relationships: importance, ways to work positively with conflict, importance and ways to build trust. Practical Activity: <ul style="list-style-type: none"> Assess your interpersonal skills 	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 26-30	Empathy: recognise the intelligence in empathy, ways to demonstrate empathy through non-verbal signals and body language, importance of listening in empathy, methods to increase empathy. Practical Activity: <ul style="list-style-type: none"> Developing empathy 	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 31-34	Social Responsibility: factors, role of ethics in workplace, ethical leadership, ways to improve care and support within your work environment.	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar
L: 35-36	Practical Activity: <ul style="list-style-type: none"> Develop an EQ Action Plan to heighten and expand one's personal emotional intelligence quotient. 	Hybrid Lecture/ videos/ Discussion	Dr Bhawna Chahar

Brief profile of the instructor



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