

1. **Course title: “The EQ Edge: Mastering Emotional Intelligence for Life & Leadership”**

Unlock the #1 skill behind success, confidence, and thriving relationships.

2. **Course Purpose:** This course empowers individuals to elevate their personal and professional lives by mastering the core competencies of emotional intelligence (EQ). Through real-world application, self-reflection, and engaging activities, participants will walk away with actionable tools to lead, communicate, and connect better.

3. **Course outline** (including session breakdown or key topics)

Module 1: The Power of EQ

- What is Emotional Intelligence?
- IQ vs EQ: Why EQ matters more than ever
- The ROI of EQ: Success stories from life, leadership, and business
- Self-assessment: Where do you stand?

Module 2: Self-Awareness as a Superpower

- How to decode your emotions and thoughts
- Emotional triggers & unconscious bias
- Daily habits to build deeper self-awareness
- Exercises: Journaling & guided reflection

Module 3: Mastering Self-Regulation

- Managing stress, anxiety, and negative emotions
- Respond vs React: Building emotional control
- Techniques for emotional balance: grounding, breathing, visualization
- Simulation: Handling a crisis with composure

Module 4: Building Unshakeable Confidence & Motivation

- Understanding intrinsic vs extrinsic motivation
- How high EQ boosts resilience and goal achievement

- Vision-setting through emotional connection
- Case study: How top performers stay driven

Module 5: Empathy — Your Secret Weapon

- What true empathy looks like (and what it isn't)
- How to read people: verbal and non-verbal cues
- Emotional intelligence in difficult conversations
- Empathy in leadership and teamwork

Module 6: Social Skills for Influence & Connection

- Building rapport and deepening relationships
- The art of emotional communication
- Conflict resolution with high EQ
- Roleplay: Navigating feedback, negotiation & hard talks

Module 7: EQ at Work

- Emotional intelligence in leadership and teamwork
- Managing up, down, and across with EQ
- EQ in client-facing roles and sales
- Exercises: Workplace scenarios & case studies

Module 8: EQ Integration & Personal Blueprint

- Crafting your Personal EQ Development Plan
- Daily rituals and long-term EQ growth
- Sharing wins and lessons
- Final Challenge: Emotional Intelligence in Action (live or written presentation)

Course prerequisites (if any, including prior knowledge or materials required)

- Have an open mind and a willingness to self-reflect
- Be ready to engage in interactive activities and discussions

- Bring real-life personal or professional challenges to explore and apply EQ tools