



## Emotional Intelligence

### Training Agenda

<b>Day 1</b>	Welcome and Program Overview	10 Minutes	9:00 AM – 9:10 AM
	Components of emotional intelligence	30 Minutes	9:10 AM – 9:40 AM
	Self-awareness	50 Minutes	9:40 AM – 10:30 AM
	Coffee Break	15 Minutes	10:30 AM – 10:45 AM
	Automatic Negative Thoughts	30 Minutes	10:45 AM – 11:15 AM
	Mental Disorders	45 Minutes	11:45 AM – 12:00 PM
<b>Day 2</b>	The Basics of Self-Control	30 Minutes	9:00 AM – 9:30 AM
	The Relationship Between Thinking, Behavior and Feeling	60 Minutes	9:30 AM – 10:30 AM
	Coffee Break	15 Minutes	10:30 AM – 10:45 AM
	Habit Cycle	30 Minutes	10:45 AM – 11:15 AM
	Principles of Self-Motivation	45 Minutes	11:15 AM – 12:00 PM
	<b>Day 3</b>	Empathy Concept	30 Minutes
Effective Communication		60 Minutes	9:30 AM – 10:30 AM
Break		15 Minutes	10:30 AM – 10:45 AM
Relationship Management		30 Minutes	10:45 AM – 11:15 AM
Accept the Differences		45 Minutes	11:15 AM – 12:00 PM