



# Emotional Intelligence in the Classroom

## Workshops in November

*Do your students sometimes have unexpected, intense emotional reactions that leave you wondering 'what just happened?' Do you want the young people in your life to enjoy meaningful relationships, be caring and compassionate, do well in school, work hard and be responsible, and feel good about who they are?*

Developing emotional intelligence can help you begin to answer all of these questions.

Emotional intelligence is at the heart of 21<sup>st</sup> century skills as social and emotional competencies allow for improved relationships, management of stress and overall, more connected and purposeful lives.

Specifically designed for working with young people, this series of workshops introduces you to the value of explicit focus on Emotional Intelligence in the classroom.

### Session 1

#### **Emotional Intelligence: Beginning with You**

The first session starts with you and helps you cultivate a deeper sense of self-awareness by recognizing your emotions and how they impact your actions. Self-awareness is the cornerstone of other 21<sup>st</sup> century social and emotional competencies such as self-management, social awareness, relationship management and responsible decision-making.

### Session 2

#### **Emotional Intelligence: Choose Yourself**

The second session in this series uses your self-knowledge from Session 1 to help you learn to navigate your emotions and allow you to make responsible choices, instead of allowing your emotions to drive your decision-making processes. By learning to apply consequential thinking, this workshop aims to help you establish positive relationships you're your students and handle challenging situations effectively.

### Session 3

#### **Emotional Intelligence in the Classroom: Increasing Empathy**

The third and final session brings together the learning from the first two sessions in the series to culminate in the goal of increasing empathy. Increasing empathy will help you better understand the needs of those around you and ultimately improve your relationships and communication skills. Session 3 explores empathy through the lens of fiction with the aim to help students navigate and appreciate differences of perspective and opinion, and ultimately develop care and concern for others.

While you can certainly attend individual workshops, this series works best as a set of connected skills and understandings and each workshop is only a piece of the puzzle. The entire process begins with you enhancing your emotional intelligence before you can then move outward to supporting others in your life.

Recommended Teaching level	Workshop title	Date	Time
All	Emotional Intelligence: Beginning with you	27 Nov	2.30pm to 5.30pm
All	Emotional Intelligence: Choose yourself	28 Nov	2.30pm to 5.30pm
All	Emotional Intelligence in the Classroom: Increasing Empathy	29 Nov	2.30pm to 5.30pm

**Venue:**

British Council Napier Road Centre

**Fees (including GST):**

Individual workshop: \$90

Full series (three workshops): \$200

For more information, contact Susan Teo ([susan.teo@britishcouncil.org.sg](mailto:susan.teo@britishcouncil.org.sg))