



Erasmus+

EMOTIONAL INTELLIGENCE

SOCIAL AND EMOTIONAL LEARNING (SEL)

Emotional intelligence, also known as emotional quotient or EQ, is the ability to recognize, utilize, and control one's own emotions in a favorable way in order to alleviate stress, communicate effectively, empathize with others, overcome obstacles, and defuse conflict. The concept of Emotional Intelligence (EI or EQ) has been accepted by many educators and educational institutions in the form of 'social & emotional learning' (SEL) programs and modules. In 2002, UNESCO launched a global drive to promote SEL, highlighting the significance of developing these key life skills. Recent research indicates that certain non-cognitive qualities, such as Emotional Intelligence, may have a positive effect on academic performance.

TARGET-GROUPS

- ✓ Educators
- ✓ School principals & directors (primary & secondary schools)
- ✓ Teachers (primary & secondary schools)
- ✓ Teachers working in Vocational Training Schools or Institutes.
- ✓ Educational Advisors
- ✓ Adult education staff
- ✓ Higher education staff
- ✓ NGOs staff
- ✓ Policy makers
- ✓ Public Servants

MAIN AIM

- To raise the awareness regarding the importance of Emotional Intelligence in Modern Educational and Workplace settings.
- To propose methods to avoid and resolve conflicts using 'social and emotional learning' (SEL) skills
- To promote in-depth knowledge of the connection between thoughts and emotions

WHY TRAIN WITH US

We are an innovative, flexible and creative training center with the passion to help our learners reach their full potential. We have a proven track of success in all kinds of seminars and trainings.

BENEFITS FOR THE PARTICIPANTS: SKILLS AND COMPETENCES ACHIEVED

By the end of the course, participants will be able to:

- understand the concept of emotional intelligence and the related abilities;
- develop trustworthy relationships in the classroom or at their workplace;
- understand the feelings and emotions of students and coworkers;
- remain in control at all times and prevent conflict;
- enhance their critical thinking, problem solving and decision making skills as well as leadership ability;
- acquire the ability to manage their own and others' emotions in order to guide their students/learners to academic success.



DETAILED PROGRAMME (DAY BY DAY)

Sunday Welcome

- > Walking City Tour
- > Welcoming dinner

Monday - Introduction

- > Ice-breaking activities
- > Introduction to the course
- > A Brief History of Cybersecurity
- > Key Concepts in Modern Cybersecurity
- > Risk Evaluation, Assessment and Management in Cybersecurity

Tuesday-Keeping Your Online Identity Safe

- > Who can access your information online?
- > Limiting access to your personal information
- > How to create strong passwords & password software to use
- > What kind of information to avoid sharing online?

Wednesday - Secure Communications Online

- > What is phishing?
- > What is social engineering?
- > What types of messages should we never trust?
- > Security software that can keep our accounts safe
- > Encryption and VPNs

Thursday- Types of Malicious and Unwanted Software

- > A Brief History of Computer Viruses
- > Types of Malware
- > Types of Adware/Badware/PUP
- > Essential Security Software
- > How to handle an infected computer (and what NOT to do!)

Friday-Final Day

- > Roleplay/Workshops on cyber risk scenarios
- > Short presentation on possible careers in Cybersecurity (for learners)
- > Q&A session
- > Feedback of the course and evaluation

Closing ceremony

- > Handing over certificates
- > Farewell dinner



Thank You


We, at E-SCHOOL, firmly believe in strong cooperation and the establishment of long term relationships in order to create a network, share interests and ideas and develop projects for the different calls joining our experience.





E-SCHOOL
EDUCATIONAL GROUP

Get in Touch

We are a multipurpose Vocational Training and Lifelong Learning center committed to providing high quality education and knowledge certification

 euprojects@e-sl.gr
www.euprojects.gr

 +30 2441021130
+30 6978520099

 L. Sakellariou 29
Karditsa - Greece