



COURSE CODE	NAME OF THE COURSE
CVAC008	<b>EMOTIONAL AND SOCIAL INTELLIGENCE</b>
<b>OFFERED BY</b>	
Commerce (Self)	
<b>COURSE COORDINATOR</b>	
Ms. Siji.C.L Commerce (Self)	<p><b>ABOUT COLLEGE</b></p> <p>Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.</p> <p><b>LEARNING OUTCOMES</b></p> <ul style="list-style-type: none"> <li>■ Understand the importance of emotional intelligence (EQ) in career</li> <li>■ Identify the signs of high and low EQ</li> <li>■ Take control of your relationships at work and create rewarding partnerships</li> <li>■ Recognize which events or people drive to crazy--and strategies for how to cope</li> </ul> <p><b>COURSE MODULE</b></p> <p>Module I: Theories of EI and Assessing EQ Module II: Social Skills Module III: Self Motivation</p>

## SYLLABUS

### MODULE I

Theories of EI & Assessing EQ - EQ Self Assessment - Self-Awareness - Self-Management for Success - Being Open to Opposing Viewpoints - Learn to Compromise for Success - EQ in Action - What's happening inside our head when we lose control - Understanding Emotions - Self-Control - Group Discussion. (10 Hours)

### MODULE II

Social Skills: Creating a Powerful First Impression - Assessing a Situation - Being Zealous without Being Offensive. Verbal Communication Skills: Focused Listening - Communicating with Flexibility and Authenticity - Body Language - Signals you Send to others - Group Discussion. (10 Hours)

### MODULE III:

Self-Motivation : Optimism – Pessimism - Balance between Optimism and Pessimism - The Power of re-framing - Empathy - Barriers to Empathy - Developing Empathy - Empathising with Others - Use Emotions to facilitate Thinking - Manage Emotions - Understand Emotions and How to Manage them in the Workplace - Role of Emotional Intelligence at Work- Group Discussion. (10 Hours)

### REFERENCE

Emotional Intelligence: Why It Can Matter More Than IQ by Daniel Goleman

Social and Emotional Intelligence by Steffen Ed D Clare Ellen

Primal Leadership: Unleashing the Power of Emotional Intelligence by Goleman and authors Richard Boyatzis and Annie McKee.