



ACCOUNTABILITY AND EMOTIONAL INTELLIGENCE TRAINING FOR TEACHERS

COURSE OBJECTIVES

OVERVIEW

Teachers are said to experience high burnout rates, due to the high amounts of stress and pressure associated.

The teaching career focuses around relationships with students, parents, school leadership, and fellow teachers. Relationships involve emotions, lots of emotions. Yet, similar to parents, oftentimes teachers can forget about the most important relationship—the relationship with oneself.

AT THE END OF THIS TRAINING YOU WILL BE ABLE TO:

- Understand the difference between accountability and responsibility
- Describe the history of emotional intelligence
- Use optimism to build up resilience to adversity
- Identify their current adversity response profile
- Understand emotional and the global human emotional expressions
- Practice emotional intelligence in their daily life
- Understand how communication and perception can misinterpret the message
- How to introduce emotional intelligence in their classroom

INFORMATION

Tel: 0861 2435352

Cost: Call for price

Duration: 1 Day

SACE Points: 10 PD Points

Website: www.bhelela.com

Reg No: 2002/012340/07

Accreditation Number: PR12977

MODULES

INTRODUCTION:

- Program Objectives

ACCOUNTABILITY

- Accountability vs responsibility
- The teachers pledge and Sace code of ethics

EMOTIONAL INTELLIGENCE

- The history of emotional intelligence
- The definitions of emotional intelligence
- Identifying, Using and communicating with emotions

PESSIMISM AND OPTIMISM

- Optimism vs pessimism
- Exercise optimism
- Adversity and Resilience
- Building resilience in children
- The adversity response profile

UNDERSTANDING EMOTIONS

- The seven global human emotional expressions
- Plutchik's wheel of emotions
- Emotoscope feelings chart
- Validating emotions in others

PRACTICING EMOTIONAL INTELLIGENCE

- The power of naming emotions to reduce anxiety

PERCEPTION AND COMMUNICATION

- What is perception
- The ladder of inference and communication
- Empathy and asking questions

EMOTIONAL INTELLIGENCE IN THE CLASSROOM

- EI in younger classes
- EI in older classes

ACTION PLANNING

- Action plan

