



# Nature Care College

## Increasing Your Emotional Intelligence

### DESCRIPTION:

Are we destined to be slaves to our passions or masters of our emotional life? It was previously thought that intelligence only related to our thinking and reasoning ability. Recently it has been acknowledged that intelligence includes understanding the impact our emotions have on our thoughts, decisions and actions. This informative and insightful 1 day workshop will examine our experience of emotions, and help you increase your emotional intelligence by managing your emotions.

*"When I say manage emotions, I only mean the really distressing, incapacitating emotions. Feeling emotions is what makes life rich. You need your passions."* Daniel Goleman

Topics covered include:

- Rational & Emotional Intelligence | What are Feelings & Emotions?
- Getting in Touch with Your Emotions | How to Manage your Emotions
- Accepting Your Emotions | Appropriate Expressions of Emotions
- Using Reflection to Improve your Emotional Intelligence

This experiential workshop is for anyone interested in learning more about their emotions – how to access, accept, manage and express them safely and appropriately.

### ABOUT EVE BARBOZA



Eve is an experienced adult educator whose teaching experience spans formal academic settings at undergraduate and postgraduate level, informal community situations and in the workplace. She has developed and presented many courses in psychology and sociology at universities and colleges in NSW. Eve combines insights from her own inner work with her extensive teaching skills to encourage others to reach their goals.

### DURATION:

6 hours (1 day workshop)

### WHAT TO BRING:

Please bring a notebook and pen.

### AFTER THIS COURSE:

You might like to consider the following related short courses:

- Introduction to the Holistic Perspective (part of the Certificate and Diploma of Counselling)
- Introduction to Transpersonal Psychology (part of the Certificate and Diploma of Coaching)
- The Artist's Way
- Building Better Relationships
- Positive Parenting the Mindful Way

Please be respectful of your fellow students and arrive on time for class.

Please ensure all mobile phones are turned off prior to the commencement of class.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

email: [info@naturecare.com.au](mailto:info@naturecare.com.au) website: [www.naturecare.com.au](http://www.naturecare.com.au)