



LESSON PLAN

01

Benefits of Emotional Intelligence

Body Language and Emotions

Understand Yourself

Your Emotions

Reading Emotions

Understand Others

Bonding at home

Dealing with emotions

Leading the change

10

Final Wrap up

OBJECTIVES

- ✓ To understand What emotions on our body language look like
- ✓ How to introspect while having a conversation or feeling an emotion
- ✓ How people react when they are feeling uncomfortable and what you can do about it

BODY LANGUAGE FOR EMOTIONAL INTELLIGENCE

level One | 2:15 hours | Self Paced

ABOUT COURSE

An insightful practical approach to understanding and tackling your emotions so that you can function better as an individual and as a professional

HOW YOU WILL BENEFIT



You will gain a deeper understanding of the importance of emotions



You will learn to respond with thought instead of reacting in the moment



You will practice how to give a suitable emotional response to a situation



How to navigate difficult emotional situations smartly



How to maintain work life balance and achieve career success



CLICK TO ENROL

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