

The Essentials of Emotional Intelligence

Guiding Question: What is self-awareness and how can I practice it?

In week 1, Daniel Goleman will present the business case for Self-Awareness, the crucial ingredient upon which the recipe of Emotional Intelligence relies. You will learn about Self-Awareness within the context of leadership and the science behind why leaders who develop their own Self-Awareness fundamentally differentiate themselves from leaders who don't.

Online EI Training Intensive: Self-Awareness

In module one, you'll have the opportunity to practice increasing your own Self-Awareness, critical to being able to observe the degree to which your behaviors support teamwork and inclusion. In this learning path, you'll be introduced to practices to strengthen your leadership integrity, excellence, and accountability while gaining familiarity with what drives your habits of mind and your patterns of action and reaction. This practice duration takes place over one week requiring about 20 minutes per day.

Guiding Question: How do I build resilience?

In week 2, Daniel Goleman will introduce the domain of Self-Management, the cornerstone of Resilience. You will learn the neuroscience of an amygdala hijack and then will learn specific practices to help build better cognitive control.

Online EI Training Intensive: Focus

In module two, you'll learn how mental focus can increase your strength in Emotional Intelligence and cognitive performance. You'll learn practices to train your attention amidst unprecedented distraction and build skills to help you better navigate ambiguity while improving your overall decision quality. This practice duration takes place over one week requiring about 20 minutes per day.

Guiding Question: How do I cultivate emotional balance?

In week 3, Daniel Goleman will introduce insights about the social brain providing examples of its role in humans ability to connect with others. He'll cover three kinds of empathy critical to a leader's ability to build inspiring relationships with their teams. You will learn specific practices that build your own social awareness.

Online EI Training Intensive: Emotional Balance

In module three, you'll practice noticing your threshold for being emotionally triggered and strategies to recover more quickly from setbacks. You'll gain exposure to the role of Emotional Balance in setting teamwork norms and standards that support integrity and accountability. This practice duration takes place over one week requiring about 20 minutes per day.

Guiding Question: How do I strengthen relationships?

In week 4, Daniel Goleman will introduce the Relationship Management skills that epitomize individual leader and organizational effectiveness: Inspirational Leadership, Influence, Organizational Awareness, Teamwork, and Coaching and Mentoring. You will learn practice strategies to make your own leadership style work better for you and those you lead.

Online EI Training Intensive: Empathy

In module four, you'll practice increasing your empathy for yourself and others and learn its role in increasing team engagement and promoting an atmosphere of inclusion and integrity. This practice duration takes place over one week requiring about 20 minutes per day.

About the Facilitators



Daniel Goleman is an internationally known psychologist who lectures frequently to professional groups, business audiences, and on college campuses. His 1995 book, *Emotional Intelligence* was on *The New York Times* bestseller list for a year-and-a-half, with more than 5,000,000 copies in print worldwide in 40 languages, and has been a best seller in many countries.

[Learn more](#)



Founder and co-creator of the Goleman EI suite of Coaching and Training programs, Michele's vision is to democratize EI as a means of igniting personal and global agency. Michele brings 25+ years of executive leadership experience working for a broad range of industry leaders.

[Learn more](#)



Dr. Keegan Walden is Torch's Co-Founder and COO. He has an extensive background in leadership development and in the measurement of leadership growth over time. Keegan has a Ph.D. and an M.S. in psychology from Northwestern, and a B.A. from Yale.

[Learn more](#)



Our Course Starts
September 30th

Reserve seats for me or
my organization