

## Mind Training:

# Emotional intelligence and resilience and mindfulness

**Format:** face-to-face delivery by a Mind Trainer

**Duration:** Full-day

**Aims:**

- You will be able to identify the five domains of emotional intelligence and the characteristics of resilience (both within individuals and working environments / cultures)
- Have greater confidence in identifying and naming emotions as they relate to our emotional intelligence
- You will be able to identify some triggers for stress and the 5-Aspects model for understanding emotions
- You will be able to distinguish helpful and unhelpful thinking patterns, and how to influence them and behaviours to support resilience building
- You will be able to demonstrate techniques that can help to build personal resilience
- You will understand some mindfulness techniques.

**Course outline with suggested timings:**

<b>Start, e.g. 9:30</b>
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**Welcome and introduction – 15 minutes**

- Welcome, introduction, housekeeping and safeguarding, ice breaker, learner agreement
- What are you hoping to get out of today?
- Course aims

**Emotional intelligence – What is it about? -25 minutes**

**The five domains of emotional intelligence – 40 minutes**

- What the five domains of emotional intelligence are and how they relate to daily life
- Activity: Categories of emotions and conflicting emotions

<b>Break – 10 minutes, e.g. 10:40-10:50</b>
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**Five domains of emotional intelligence continued– 40 minutes**

- The positive value of different emotions. Activity: categorising emotions and completing your own continuous circle

<b>Lunch – 45 minutes, e.g. 12:25-1:10</b>
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**Energiser - 5 minutes**

**Introduction to resilience – 40 minutes**

- Why do I need resilience? How can resilience help in my personal and work life?

**Activity:** What is resilience and what isn't?

- How resilient are you?

<b>Break – 10 minutes, e.g. 2:15-2:25</b>
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**Changing thoughts and memories: – 1h 10 minutes**

- Common unhelpful thinking styles, challenging behaviours; what could I do differently?
- Introduction to Mindfulness: Example of a mindfulness technique.
- Five ways to wellbeing: A framework for work and life. Information and signposting.

**Learning from today and close - 20 minutes**

- Learning from today
- Actions for you?
- Recap of sources of support and information
- Final questions
- Thank you

**Feedback – 5 minutes**

<b>Close, e.g. 3:50</b>
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