



PROGRAM

3-day Short-term Training in Emotional intelligence for VET Centers

21 – 23 February 2023

Venue: Sofia, Tsar Assen str. № 29, 5th floor

EIVET

Emotional Intelligence for more effective Training Process

PROGRAM
for
**3-day Short-term Training in Emotional intelligence for
VET Centers**

Period of time: 21 – 23 February 2023
Sofia, Bulgaria

IO1: Elaboration of EI methodology and training materials
**Leading organization: Foundation for developing
Emotional intelligence, Bulgaria**

1st Day
21 February

10:00 – 10:30 – Registration and workshop materials
10:30 – 11:00 – Introduction to the training program and warming up exercises
11:00 – 13:00 – Module 1: The science of emotions – history of emotions, neurophysiology, types of emotions, essential features of emotions.
13:00 – 14:00 – Lunchtime / Free time
14:00 – 16:00 – Module 2: Introduction to EI models – ability and trait models
16:00 – 16:15 – Coffee break
16:15 – 17:15 – Module 3: TEIQue assessment and interpretation

17:15 – 17:30 – Discussion and closing of the training day 1

18.00 – 20.00 – Welcome drink

2nd 22 February

09:00 – 10:00 – Module 4 – Reflection from Day 1, EI and self-awareness, self-confidence

10:00 – 11:00 – Module 5 – EI in the area of communication processes and social recognition

11:00 – 11:30 – Coffee break

11:30 – 13:00 – Module 6 – EI as a strategy for conflict resolution

13:00 – 14:00 – Lunchtime / Free time

14:00 – 16:00 – Module 7: Decision-making and problem-solving with the help of EI

16:00 – 16:15 – Coffee break

16:15 – 17:15 – Module 8: Resilience and stress management

17:15 – 17:30 – Discussion and closing of the training day 2

3rd Day 23 February

10:00 – 11:30 – Module 9 – Reflection from Day 2, EI in the process of time management

11:30 – 13:00 – Module 10 – Cross-cultural differences in EI

13:00 – 14:00 – Lunchtime / Free time

14:00 – 15:00 – Module 11: EI approaches in team management

15:00 – 16:00 – Expert evaluation of the training

16:00 – 16:30 – Closing the training and final discussion