

Emotional Intelligence (E.Q.) in Schools

The Vital Key to Student Success

A One Day Workshop For Schools and School Districts

~ Emotional Intelligence (E.Q.) New Research – New Insights

- What is Emotional Intelligence?
- Understanding the E.Q. research
- Why E.Q.? – Why Now?
- The difference between I.Q. and E.Q.
- Measuring E.Q.

~ Understanding How the Brain Learns

- The chemistry of emotions
- Emotions as mind-body states
- Emotions, learning and memory

~ Social-Emotional Education

- The relationship between emotions and self-esteem
- Encouraging empathy and caring
- Teaching students respect and responsibility
- Teaching students pro-social skills

~ Emotions and Behaviour

- Brain development and behaviour
- Managing strong emotions (anger, fear, anxiety)
- The relationship between emotions and motivation
- Teaching 'Learned Optimism' strategies to students

~ Developing Emotional Intelligence in Classrooms

- Developing a safe and caring classroom environment
- Instructional methods that enhance social-emotional learning
- Creating effective 'habits of mind'
- Using E.Q. strategies with behavioural problems

~ Implementing Social - Emotional Programs Schoolwide

- Assessing the needs in your school
- Identifying how E.Q. fits with the school's goals
- Finding effective social-emotional materials and resources
- Involving all staff members