

# EMOTIONAL INTELLIGENCE COACH

## CERTIFICATION PROGRAM



**online course**

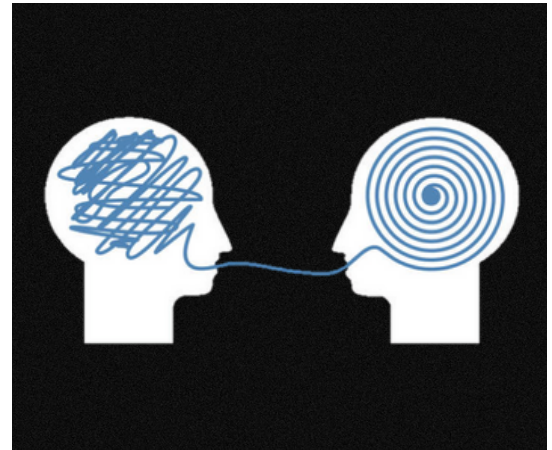


# WHY E.I?

---

54% of the time, People are not attending to what they are supposed to be attending to, due to distracting emotional signals.

You may not be able to prevent getting distracted but you can bring your attention back to what needs your attention - INSTANTLY!!



A place that experiences low emotional intelligence will quickly find communication difficult. People won't trust each other to understand what they say or how they're feeling. As a result, one tend to retreat into silo, communicating with others only when necessary.

Having low EI means that a person has difficulty recognizing and understanding their emotions and those of others. People with low EI may also have poor emotion regulation and find it difficult to use their emotions to attain personal goals



# WHY E.I?

---

Seven benefits of enhanced emotional intelligence with acquired emotional agility are...

- ✓ Communicate better
- ✓ Reduce anxiety and stress
- ✓ Defuse conflicts
- ✓ Improve relationships
- ✓ Empathize with others
- ✓ Effectively overcome life's challenges
- ✓ You will always know that there are more benefits than those six listed above...



# ABOUT THE PROGRAM

---

E.I. COACH certification program is specially curated for coaches who wish to coach their coachee to enhance emotional intelligence and inculcate emotional agility.

It is a powerful 8 hrs into 4 sessions coaching workshop that equips you with the tools that help you develop immunity against stress rather than manage it or control it.

It will give you a set of mental activities which Neuroscientists call "Neurally Inspired Exercises" and have been designed using the principles of Neuroplasticity (your brains ability to make changes to the neurological wiring & create new neural pathways) and NLP (Neuro Linguistic Programming).

You will be able to use these activities in your sessions immediately.



# MODULES

---

EMOTIONAL  
AWARENESS

1

2

EMOTIONAL  
MANAGEMENT

SOCIAL  
EMOTIONAL  
AWARENESS

3

4

RELATIONSHIP  
MANAGEMENT

# EMOTIONAL AWARENESS

---



- ✓ Understanding Emotions + Intelligence + Agility & exploring how does it look like / sound like / feel like in day - to - day life
- ✓ Understanding Triggers / Hot buttons

## Activities

- 😊 **Emotion Faces: How Are They Feeling?**
- 😊 **Emotion Word Sorting**
- 😊 **Emotion Words Worksheet**
- 😊 **Emotions Worksheets: Match the emotions**

”

*“Emotional intelligence is the key to both personal and professional success.” — Daniel Goleman*

# EMOTIONAL MANAGEMENT

---



- ✓ The Ladder Metaphor
- ✓ NLP Communication Model
- ✓ Values / Beliefs and Neurological levels

## Activities

- 😊 My Anger Thermometer
- 😊 The worry scale
- 😊 Why do they do it?
- 😊 What can I do about it?

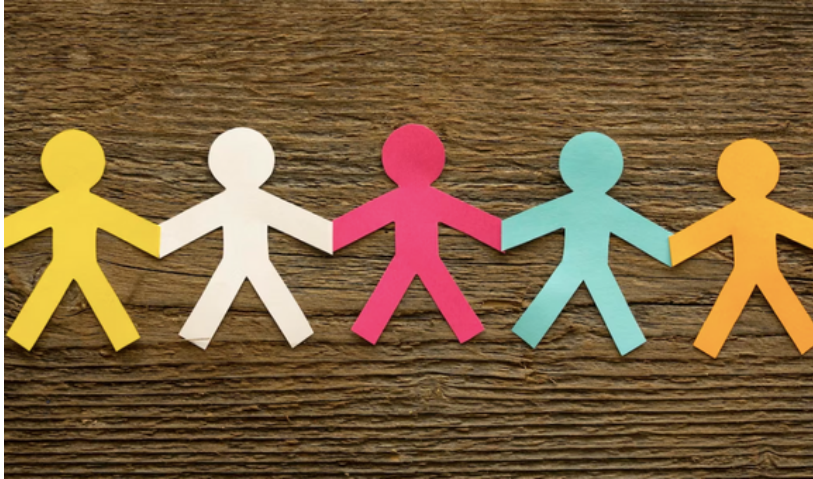
”

*“Emotional intelligence is the ability to sense, understand, and effectively apply the power and acumen of emotions as a source of human energy, information, connection, and influence.” — Robert K. Cooper. Ph.D.*



# SOCIAL EMOTIONAL AWARENESS

---



- ✓ The 3 principles and 9 action points
- ✓ Elephant story
- ✓ Working together
- ✓ Goal alignment – Synergy model

## Activities

- 😊 **Wheel of life**
- 😊 **Psycho-geometrics**
- 😊 **Finding I in the Team**

”

*“People high in emotional intelligence are expected to progress more quickly through the abilities designated and to master more of them.” — Mayer and Salovey*



# RELATIONSHIP MANAGEMENT

---



- ✓ Understanding conflicts
- ✓ Managing vs. resolving
- ✓ Understanding fabric of relationships
- ✓ Going that extra mile – empathy & perceptual positions

## Activities

- 😊 **Conflicting peacefully**
- 😊 **That telephone game**
- 😊 **Group photo**

”

*“When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion.” — Dale Carnegie*

# BONUSES

---

## BONUS 1

**Pre workshop Tool:**  
Quick Emotional  
Intelligence  
Self-Assessment

## BONUS 2

**“Emotional agility”**  
workbook specially  
designed for  
E.I Coaches

## BONUS 3

**“Basics of Coaching”**  
You will receive a  
pdf file with “basics  
of coaching”

## BONUS 4

Lots of experiential  
activities, reflective  
inquiries & journaling

# ABOUT THE TRAINER

---



**ANUP TALWAR**

Anup Talwar is a highly accomplished individual with a diverse range of skills and achievements. He is a Chartered Engineer with expertise in Electrical engineering, and he holds an M.B.A. with a specialization in Human Resources.

Anup is also an International NLP (Neuro-Linguistic Programming) Trainer certified by ABNLP (American Board of NLP), Treacle Academy UK & SK Consultancy.

One of his notable accolades is the "Rashtriya Vikas Ratna" award received in 2013, recognizing his significant contributions to national development. He is a Certified Experiential Educator with a diploma in Experiential Education & Practice from the University of Pune, adhering to the guidelines and criteria issued by the Government of Maharashtra for outdoor education and experiential learning.

His expertise also extends to conducting Experiential Indoor and Outbound Training Programs, where he serves as a leading facilitator and process expert. Through his vast array of skills and experiences, Anup Talwar plays a significant role in inspiring personal and professional growth, fostering positive learning experiences, and promoting overall well-being.

With over 20 years of experience, he has facilitated Adventure & Outdoor Learning Programs, accumulating more than 10,000 hours of field experience.

# FEE STRUCTURE

---

## Course Fees

INR 5999 /- (Limited Period Offer)

## Bank Details

**SK Consultancy**

HDFC Bank

A/c No: 50200059595100

Branch: Aquem, Margao - Goa

IFSC Code: HDFC0000370

\* Fees are non-refundable



+91 96074 05027



contact@skconsultancy.org



www.skconsultancy.org