



idevelop

Program Emotional Intelligence for Educators and Beyond, 5 days
Málaga

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Program Description

Competences

Methodology

Results

Day by day Planning

Day 1 – Introduction to Emotional Intelligence

09.00–09.30 Welcome & group introductions (building a safe environment)

09.30–10.30 What is Emotional Intelligence? Definitions and models (Goleman, Mayer & Salovey)

10.30–12.00 The five domains of EI: Self-awareness, Self-regulation, Motivation, Empathy, Social skills

12.00–13.00 Activity: Emotional self-assessment (personal reflection exercise)

13.00–14.00 Group dialogue: Why emotional intelligence matters in teaching and everyday life

Day 2 – Self-Awareness

09.00–09.15 Mindful check-in & recap

09.15–10.15 Identifying emotions: Expanding emotional vocabulary

10.15–11.30 Activity: Emotions in action

11.30–12.30 Differentiating thoughts, feelings, and behaviors

12.30–14.00 Role play: Self-awareness in difficult situations (classroom & workplace examples)

Day 3 – Self-Regulation

09.00–09.15 Breathing & centering exercise

09.15–10.15 Strategies for emotional regulation (pause, reframe, grounding)

10.15–11.30 Activity: Emotional triggers and coping strategies

11.30–12.30 Stress management techniques (mindfulness, body awareness)

12.30–14.00 Group practice: From reaction to response – role plays

Day 4 – Empathy & Social Awareness

09.00–09.15 Warm-up: Empathy walk (pair activity)

09.15–10.15 Understanding empathy: Cognitive vs. emotional empathy

10.15–11.30 Active listening skills and body language

11.30–12.30 Group activity: Practicing empathy in challenging conversations

12.30–14.00 Reflection circle: How empathy changes relationships

Day 5 – Applying Emotional Intelligence

09.00–09.15 Gratitude and check-in

09.15–10.15 Emotional intelligence in education: Classroom climate & student relationships

10.15–11.30 Emotional intelligence in the workplace and family life

11.30–12.30 Building emotionally intelligent teams and communities

12.30–13.30 Personal action plans: How will I practice EI in my daily life?

13.30-14.00 Goodbye session