



# idevelop

**Program Emotional Intelligence for Educators and Beyond, 5 days**

Málaga

# 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