

Developing Emotional Intelligence Skills for the Workplace

[BMSW6106]

Weekly schedule

Week No.	Topics	Notes
Week 1	Introduction to the module + general discussion about the benefit of Emotional Intelligence (EI) Activity Self-Regard - Workout	PPT slides
Week 2	Components of Emotional Intelligence + Differentiating between critical and creative thinking Activity: EI & Personal Reflection	PPT slides
Week 3	Development of Emotional Intelligence Activities: Activity: Discuss the CW spec + The Marshmallow Experiment – case study + Assessing personal and professional life	PPT slides Case Study
Week 4	Framework of Emotional Intelligence Activity: Watch the video and question & answer session	PPT slides Video Q&A
Week 5	Emotional Intelligence Models Activity: Watch video and question & answer session + Discuss ‘the outcome of Hawthorne Experiments on workers productivity’ case study.	PPT slides Video Q&A
Week 6	Emotional intelligence and leadership Activity: Read & discuss the “Emotional intelligence: Its relationship to stress, coping, well-being and professional performance in nursing students” article. + Help session for the Coursework	PPT slides & Videos

Week 7	Emotional Intelligence and Mindfulness Activity: Read & discuss “Emotional intelligence and its implication for social work” article. + Help session for the Coursework	PPT slides Case Study
Week 8	Dealing with Difficult Workplace Situations. & Becoming an Emotionally Intelligent Leader Activity: Emotional intelligence and its implication for social work	PPT slides Case Study
Week 9	2 nd CW Presentation	Poster Presentation
Week 10	2 nd CW Presentation	Poster Presentation