ACADEMIC STAFF COLLEGE

30.01.2018

One day Workshop on "Emotional Intelligence"(EI)

A One Day Workshop on "Emotional Intelligence"(EI)   was organised by Academic Staff College on 30.01.2018 by Ms.V.Dolly, Assistant Professor, Academic Staff College for the Nominated faculty in Sunflower hall from 09.30 am to 04.30 pm.

Emotional intelligence (**EI**) is the capability of individuals to recognize their own emotions and those of others discern between different feelings and label them appropriately, use emotional information to guide thinking and behaviour, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s).
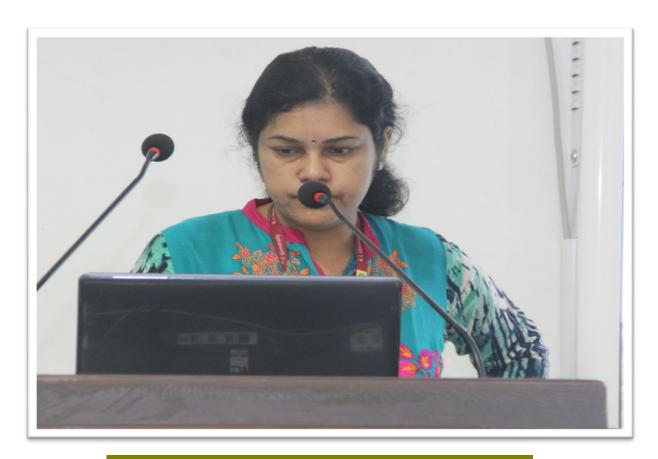
The session began by brainstorming about the meaning of emotion and its role in our lives. A scientific basis was explained to the participants regarding the Limbic and Rational thinking processes in human beings. Now stress was laid on how to train our brain to think rationally rather than reactively. This process of transferring messages from limbic to rational part in the brain makes a person emotionally intelligent.

Further, the four measures viz., Self awareness, Self management, Social awareness and Relationship management for developing EI were explained.

In the second half of the session, a thorough explanation of Transactional analysis was done to make the participants understand and deal various ego states.

Different role plays and interactive games were conducted.

An assessment test on the topic was also conducted at the end of the session.

Resource Person :Ms.V.Dolly, Asst.Professor, ASC