

ECECD Training Agenda
Emotional Intelligence Part I: An Overview

July 15, 2024 | 11:00 AM

Pre-Workshop Task:

1. **Complete the [Global Leadership Foundation's Emotional Intelligence Test](#). This test will take approximately 10 minutes to complete. Take a picture of your results and bring it to the training event.**

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| 11:00-11:05 AM | Welcome |
| 11:05-11:15 AM | Introduction to Emotional Intelligence <ul style="list-style-type: none">• Defining Emotional Intelligence• Why Emotional Intelligence Matters• Signs & Barriers |
| 11:15-11:55 AM | Components of Emotional Intelligence <ul style="list-style-type: none">• Self-Awareness• Self-Management• Social Awareness• Relationship Management |
| 11:55-12:00 AM | Next Steps/Q&A/Training Evaluation |