

Emotional Intelligence & Healthy Relationships

The impact of our behavioural choices

Aims

The aim of this workshop is to provide learning and understanding of emotional intelligence and the impact of our behavioural choices with regard to our own personal responses and reactions. This will improve the quality of their interactions and provide active choices of how to deal with negative or unhealthy situations or emotions.

Learning Outcomes

- ◆ Understanding of emotions and recognising their effect on us.
- ◆ Understanding the impact on our emotions on others.
- ◆ Recognising our choices in fight or flight situations.
- ◆ Understanding the effects of the physical and vocal choices we can make and becoming empowered to use them to create positive reactions and relationships.
- ◆ Understanding of the ego states.



Workshop Format

1. Creating a safe atmosphere

- Whole group games and exercises:
warm up, creating or continuing positive group dynamics, teamwork, physicalisation)
- Brainstorm Emotional Intelligence:
Brain dominance, build a person, difference between IQ + EQ, authenticity.

2. Emotions

- What are emotions?
- Analysing emotions through discussion and physicality. In particular positive and negative emotions.
- Exercise working in pairs describe 3 emotions you have felt over the past week – how did you feel, what was the impact and how did that emotion affect your behaviour?

3. Fight or Flight

- Fight or Flight – Why?
- Fight or flight – exploring examples and rollercoaster exercise.
- Amygdala Hijacking -
choice in how we react and respond or does the body take control?
- The impact of our behaviours on others

4. Body Language

- Self analysis of physicality.
- Physical exploration - how are you perceived?
- Laban technique exploring our own physicality and the physicality of others.
Linking up choices within our physicality.

Lunch

5. Status

- Assertive, Aggressive and Submissive. Exploring behaviours and what do you see, hear and feel if someone was acting in this way?
- 1-10 exploration of status.
- Gaining status.

6. Vocal Choices

- The three V's of communication – Albert Mehabrian
- Exploring vocal choices. What you say, how you say it and potential reactions.
- Vocal choices - Directions and What's the time exploring expression and intonation.

7. Ego States

- Exploring ego states - Victim, Bully and Mediator
- Exploring different ego states using parent/adult/child.
Using celebrity examples (Alan Sugar, Angelina Jolie, Will.I.Am, Russell Brand etc).

8. Evaluation

- Evaluation and review of workshop aims and objectives
- Feedback and Close the session



