



**DON BOSCO ARTS & SCIENCE COLLEGE**

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# Emotional Intelligence Proficiency Certification Programme

Sept. 29- Oct. 1, 2016



**Emotional Intelligence Proficiency Programme**  
**Don Bosco Arts and Science College, Angadikadavu, Kannur**  
**28<sup>th</sup> September to 1<sup>st</sup> October 2016**  
**Programme Schedule**

**Day - 1**

Time	Batch – 1	Batch – 2
09.30 am – 10.00 am	Introduction to the programme & Ice Breaking	
10.00 am – 10.45 am	Walking down the memory lane	
10.45 am – 01.00 pm	➤ Introduction to Emotional Intelligence	➤ Introduction to Emotional Intelligence
01.45 pm – 04.30 pm	➤ Understanding Emotional Intelligence – Group Activity	➤ Understanding Emotional Intelligence – Group Activity

**Day - 2**

Time	Batch – 1	Batch – 2
09.30 am – 10.00 am	Recap	
10.00 am – 01.00 pm	➤ Emotional Self Awareness	➤ Emotional Self Awareness
01.45 pm – 04.30 pm	➤ Understanding and managing emotions - self regulation	➤ Understanding and managing emotions - self regulation

**Day - 3**

Time	Batch – 1	Batch – 2
09.30 am – 10.00 am	Recap	
10.00 am – 01.00 pm	➤ Empathy	➤ Empathy
01.45 pm – 04.30 pm	➤ Motivation – group activity	➤ Motivation – group activity

**Day - 4**

Time	Batch – 1	Batch – 2
09.30 am – 10.00 am	Recap	
10.00 am – 01.00 pm	➤ Social skills – activity	➤ Social skills – activity
01.45 pm – 02.45 pm	➤ EQ + IQ = Success	
02.45 pm – 04.30 pm	➤ Valedictory	

Tea break : 11.45 – 12.00 noon

Lunch break : 01.00 – 01.35 pm

**Resource Team**

Mrs. Sonia Ratheesh

Mr. Baby Prabhakaran

Mr. Thomas Wilson