

VME04 – EMOTIONAL INTELLIGENCE

COURSE OBJECTIVES:

- Understand the concept and importance of emotional intelligence.
- Develop self-awareness and emotional control.
- Improve interpersonal relationships and communication.
- Enhance leadership and teamwork skills.

COURSE OUTCOMES:

- Understand components of emotional intelligence.
- Manage emotions effectively.
- Develop empathy and communication skills.
- Apply EI in leadership and teamwork.

SYLLABUS

UNIT I – Introduction to EI (05)

Definition – Importance – Development of EI – EI vs IQ.

UNIT II – Self Awareness and Regulation (06)

Understanding Emotions – Self Control – Managing Negative Emotions – Positive Attitude.

UNIT III – Motivation (06)

Intrinsic and Extrinsic Motivation – Goal Setting – Self Confidence – Growth Mindset.

UNIT IV – Empathy and Social Skills (07)

Empathy – Communication – Conflict Resolution – Relationship Building.

UNIT V – EI in Workplace (06)

Leadership – Teamwork – Decision Making – Organizational Success.

TOTAL: 30 PERIODS

TEXTBOOK:

Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ.

REFERENCE BOOK:

Travis Bradberry & Jean Greaves, Emotional Intelligence 2.0.