

## East Kent

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# Emotional Intelligence

The Emotional Intelligence Workshop helps participants to explore and identify emotions with a view to managing negativity and stress.

In this workshop you will learn about the five domains of emotional intelligence, look at models of emotion and identify ways to manage your own negative emotions. The workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and ways in which you can change thinking patterns and behaviours in order to build your own resilience. The course will also introduce some of the techniques available for supporting a mindful approach to living.

The workshop promotes the use of cognitive coaching, self awareness and reflection to enable you to identify your own way of managing emotions. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life.

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or book online at: [eastkentmind.org.uk](http://eastkentmind.org.uk)