

Expanding Emotional Intelligence



Expanding Emotional Intelligence Transformational self-coaching

Move Beyond Your Emotional Past and Self-Limiting Beliefs

Offered as a 3-day course on-site or 7 weeks online

As a participant of Expanding Emotional Intelligence, you will learn nine simple ways to develop your Emotional Intelligence (EI) and be empowered to create better relationships in all aspects of your life. These nine habits will help you to shift from feeling guarded and entangled to feeling centered, open and self-empowered.

The effective techniques in this course are designed to help you leave behind limiting stories and discover peace around your emotional history. By taking the Expanding Emotional Intelligence training, you will also learn how to let go of self-limiting habits - and discover an increased sense of playfulness and inner serenity.

By taking the Expanding Emotional Intelligence program, you will be able to:

- Create emotional shifts within yourself and support others in transforming limiting emotions
- Explore and resolve stressful triggers and dissolve enmeshment
- Develop emotional flexibility and change emotional habits and fixations
- Expand your habit of gratitude by exploring contexts of appreciation
- Extend your sense of self by incorporating resources that open your world view
- Unfold and release limiting childhood conclusions and decisions that restrict self-recognition
- Practice forgiveness and ease in relating with yourself and others

Who is it for?

This course is for life-long learners that are wanting to improve their emotional flexibility and broaden the way they experience emotional responsiveness in their life. It is designed to foster ongoing development to increase life satisfaction and well-being. It is for helping professions and for coaches wanting to develop multi-facetedness in serving others towards greater potential.

Upcoming dates:

- June 5 - July 17, 2020 / Friday / 7:00 am – 10:15 am PST/PDT
- November 25 - January 20, 2020 / Wednesdays/ 12:00 pm – 3:15 pm PST/PDT

Continuing Education Credits for Coaches

This course is recognized by the International Coach Federation (ICF) as a course supplying a total of 20 hours of Continuing Coaching Education Units (8.75 Core Competencies, 11.25 Resource Development).

For more details call 1-800-665-6949 or visit online: erickson.edu/emotional-intelligence-training-online



erickson.edu

The Expanding Emotional Intelligence program curriculum is divided into three levels:

Level 1: Expanding Physical and Sensory Awareness

You will learn about how to begin expanding emotional capacity and resilience in all life areas. You will discover a helpful map called the 'four quadrants of awareness', which supports and outlines a way of developing emotional intelligence and sets the framework to work with yourself. This is further supported by creating openness and sensory awareness practices that can transform fearful emotions.

Level 2: Designing Emotionally Intelligent Futures

Here you will find a way of connecting to inner resources, taking on the 'wonder child' paradigm to uncover a strong sense of wellbeing and elicit life-long decisions that can work towards your empowerment. Calling upon the metaphor of the Hero's journey, you will be integrating your emotional intelligence with an aim to explore feeling 'goodness', self-trust and renewed confidence.

Level 3: Creating Meaning through Forgiveness and Releasing Enmeshment

This Level is designed to broaden your existing skills further and enter into the realm of forgiveness and how to face challenges and stress. You will explore specific states, recognizing various state changes and being guided through a practice that helps connect to forgiveness. Finally, you move through a format assisting you to dissolve and separate from an enmeshment with another person, finding real connection and inner balance. It explores how internal dialogue influences our capacity to be present and centered in this moment.

Why Emotional Intelligence?

The capacity and possibility of recognizing and exploring your own emotions is a fundamental way to having emotional intelligence. A natural harmony and balance with our emotions can keep us flexible and oriented towards growth. This can lead to improved relationships and life satisfaction. When emotional intelligence is present, we discern how others respond to us and in turn respond with less stress, which leads to less reacting from triggers and beliefs. This course explores how to advance the many levels of emotional intelligence.

For the past 15 years, Erickson Coaching International has successfully taught Expanding Emotional Intelligence (previously known as Freedom to Love) worldwide. The course has been recently updated to incorporate the latest findings within Emotional Intelligence science.

Learn More About Emotional Intelligence

Articles:

- [The Five Pillars of Emotional Intelligence](#)
- [Emotional Intelligence Resources](#)
- [Emotional Intelligence at Work](#)

Videos:

- [Expanding Emotional Intelligence](#)
- [Marilyn Atkinson Explains How to Expand Your Emotional Intelligence](#)