

8<sup>th</sup> International Summer Academy 2019

# **PSYCHOLOGY**

STUDENT COUNSELLING CENTRE

## **-Emotional Intelligence-**

- **Genetic bases of Emotional Intelligence**
- **Risk factors of Emotional Intelligence**
- **Understanding the Five Categories of Emotional Intelligence:**
  1. **Self-awareness**
  2. **Self-regulation**
  3. **Motivation**
  4. **Empathy**
  5. **Social skills**
- **How to Increase Your Emotional Intelligence?**
- Interactive lectures, activities and exercises, which promote self-awareness and Personal growth in participants.

**15, 16 & 17 July**