

SESSION 1 — Introduction to Self-Awareness & Emotional Intelligence

 Duration: 12–15 Hours

Concepts Covered

- What is Self-Awareness?
- What is Emotional Intelligence (EQ)?
- Components of EQ (Daniel Goleman Model)
- Personal vs Social Competence
- Why self-awareness matters in life & workplace

Hands-On Activities

- **Self-awareness baseline test**
- **Emotional vocabulary building exercise**
- **Reflection journal:** “What emotions do I experience most?”
- **Group discussion:** Real-life high-EQ vs low-EQ examples

Outcomes

- Understand foundational EI concepts
- Identify personal emotional patterns