

SESSION 10 — Personal Emotional Development Blueprint

 Duration: 15 Hours

Concepts Covered

- Long-term EI growth
- Habit building for emotional mastery
- Designing a personal development plan
- Continuing EI improvement: tools & next steps

Hands-On Activities

- **Create a Personal EI Action Plan**
- **Goal-setting workshop**
- **Emotion tracking habit setup**
- **Final EI self-assessment & comparison**

Outcomes

- A complete personal EI growth roadmap
- Awareness of future EI learning pathways