

# Developing Emotional Maturity



For Intermediate Level



100 Minutes



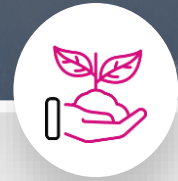
## Learning Objectives

- + Explore meaning and key elements of emotional maturity
- + Learn tools to regulate and gain control of your own emotions
- + Develop strategies to enhance emotional intelligence



## Learning Tools

- + Facilitator driven discussions
- + Individual reflections
- + Shared stories and anecdotes
- + Self - assessment
- + Scenario analysis
- + Group exercise



## Your Takeaways

- + Increase awareness of your own feelings as they occur.
- + Take responsibility for your emotions and happiness..
- + Integrate emotional intelligence into your daily thinking.

## Learning Modules

- + Meaning and elements of emotional maturity
- + Impact of emotions and emotional responses
- + Signs of high and low emotional maturity
- + Emotional intelligence competencies
- + Techniques for greater emotional self awareness.
- + Tools and strategies to manage emotions
- + Action plan