



Emotional Empowerment

(Applied Emotional Intelligence)

TRAIN THE TRAINER CERTIFICATION

This program is designed to build both knowledge and skills in Emotional Empowerment. The training focuses upon understanding human behaviour in the context of self and other and experiencing it in addition to gaining a 'head knowledge' of the topic.

The Emotional Empowerment seminar provides participants with the necessary skills:

- **to acquire an extensive knowledge of *Emotional Intelligence and Emotional Empowerment***
- **to understand the mechanisms responsible for our emotional issues, failures and difficulties in relationships**
- **to improve our ability to listen to our emotions, to understand them, to anticipate their impact on our lives and on our health and wellbeing**
- **to deal with them in a healthy and authentic way**
- **to improve our ability to build healthy, solid and meaningful bonds with others and improve our quality of life**

This seminar offers the means to empower leadership and develop self-confidence in any field; leadership in professional environments, couple's and family life, social life and anywhere where effective and healthy relationships with others are important.

Coaches and trainers joining the seminar will acquire the necessary theoretical knowledge along with a tool box of practices, exercises, role plays for helping to transmit and to use the Emotional Empowerment materials in their practice.

They will also go through the passionate experience of dealing with their own emotions.

The seminar will complement your other EI trainer's skills in interpersonal communication, conflict resolution and will open an additional and logical dimension for understanding the complex nature of human relationships. This seminar is based upon the original model developed by John Parr that integrates research about Emotions and Emotional Intelligence with fresh inputs from neurosciences and other disciplines such as transactional analysis and child development...

The field of Emotions is just that, very emotional, this is why we pay attention to preparing trainers to be able to create and maintain a place of safety where their future trainees can take risks, without being exposed to harm.

Structure and content:

MODULE **ONE** 3 DAYS: Emotional Empowerment Core Seminar

"In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed."

— Charles Darwin

This module will facilitate you in: identifying, differentiating and understanding your emotions. You will also develop means to express your authentic emotions in healthy ways to facilitate your management of conflict and the development of deeper relationships.

This third day is a 'deep dive' in a safe environment where you will have time together with your colleagues to explore the application of emotional intelligence in practice.

Program:

- **The place of emotions in the concept of Emotional Empowerment**
- **The nature of emotions**
- **Groups of emotions and existing classifications**
- **Emotion, reaction and beliefs**
- **Basic emotions and 'body chemistry'**
- **Emotional cycles: healthy and pathological cycles**
- **Anger**
- **Sadness**
- **Fear**
- **Joy**
- **Dealing with emotions.**

Structure and content:

MODULE **TWO** 3 DAYS: Emotional Empowerment: Creating a place of safety

“But feelings can’t be ignored, no matter how unjust or ungrateful they seem.”

— Anne Frank, *The Diary of a Young Girl*

Emotional issues have their origins in our childhood. The goal of this module is to understand the origins of unhelpful cycles and to replace those cycles with healthy behaviours

This module will facilitate you to develop skills for creating a place of safety where your clients will be enabled to experiment with their deep emotions. You will also develop means to ‘ground’ trainees when necessary. This module will allow the trainer/coach/therapist to make the appropriate intervention in individual interaction with their coachee or trainee.

Program:

- **Child Development Theory,**

A basic theory of life script:

- **The role and place of ‘injunctions’ in preventing the healthy expression of emotion.**
- **The concept of defense mechanisms based upon KJ Kaplan (TILT) model to facilitate recognition of relational approach and withdrawal behaviour.**
- **Empathic teaching skills: how to use your own awareness in relationship with your trainees**
- **Sensitivity and grounding as a means to protect clients in distress.**

Structure and content:

MODULE **THREE** 3 DAYS: Emotional Empowerment within Groups

“When a man is prey to his emotions, he is not his own master.” — Baruch Spinoza

Being Emotionally empowered within a group requires not only the healthy management of emotional cycles with authenticity but also multiple interactions requiring the flexible and emotionally intelligent management of boundaries. Knowledge of Group Dynamics and group leadership linked to child developmental theory, active listening and observation skills will help to strengthen Emotional Empowerment. This in turn will lead on to exercising Emotional Empowerment in groups and one to one relationships. Active listening and observation skills will help to strengthen Emotional Empowerment and to exercise it in groups. Facilitating EE seminars as well as

coaching and therapy require these skills to be well honed amongst a trainer’s competencies. This module will help you to develop and hone these skills.

This module will focus on managing the training group effectively. It will raise your awareness to the stages of group development in your training, coaching and/or therapy groups and how best to facilitate the group to maximise on the learning potential for each delegate. It will also sharpen your personal skills of observation to the emotional states of others and self along with how to use self as a tool for modelling the healthy expression of emotion.

Structure and content:

MODULE **FOUR** 3 DAYS: Gaining Autonomy, empathy, experiments in intimacy

“Feel, he told himself, feel, feel, feel. Even if what you feel is pain, only let yourself feel.”

— P.D. James, *The Children of Men*

Dealing with emotionality within interpersonal relationships requires empathy and the capacity to manage ourselves appropriately. Awareness of transference phenomena at a basic level is also an essential tool for the trainer. How do we support and protect our trainees or coachees as they experience and express their emotions? How do we react? What is the right level of emotional engagement in a seminar situation?

In this module you will be invited to explore your own personal limits. This in turn will help you model managing emotional connectivity through the expression of healthy

emotions within the context of the training group. It is an exploration of self in the context of emotions and closeness, to facilitate you being congruent with your feelings and their expression. This will also help you to develop yourself as a ‘tool’ in the processing of interpersonal relationships. During the day, we will share in some safe experiments to get more in touch with our ‘real self’, discover our learned vulnerability and practice taking the risk to feel vulnerable whilst being open with others both in one to one and within the group. This is an exercise in deepening our autonomy.

Autonomy in this context is defined as Awareness, Spontaneity and the capacity for Intimacy. (Intimacy: the capacity to meet others in our uncensored self: to be real with each other.)



Certification:

For certification you will be required to :

1. **pass a written exam**
2. **present a topic whilst demonstrating empathic teaching skills.**

(The pass marks are a minimum 70% for written exam. 70% for presentation of topic plus continual assessment during the training).



JOHN PARR MSc: CMT (PCM), LOD Provider

John: has worked for thirty years as a management consultant for multinational organisations and specialises in designing **tailor-made training solutions** for his client companies. He is recognised for his work on **Emotional Intelligence, Stress Management and Communication Skills**. Emotional Intelligence was the subject for his Masters Degree dissertation and he has developed a unique model for teaching Applied Emotional Intelligence.

John's key focus is on **developing human relationships in the workplace.**

Total 12 days in 4 modules.

RO Fees Module 1	€570 plus VAT
RO Modules 2 to 4	€2550 plus VAT
Total	€3120 plus VAT

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