

European Academy of Innovation
Timisoara, Romania
+40 721 305 948
hello@erasmus-training.eu
www.erasmus-training.eu

Emotional Intelligence

Preliminary Training plan

Day 1 – Introduction and Foundations of Emotional Intelligence

10:00 – 11:30	- Presentation of the trainer
	- Presentation of the participants
	- Expectations
	- Presentation of the training program
	- Administrative aspects
11:30-11:45	Coffee Break
11:45-13:15	- Presentation of the universities of the participants
13:15-14:00	Lunch Break
14:00-15:30	- Definition of EI
	- The importance of EI in personal and professional life
	- EI models

^{*} Evening recommendation: Taste the local artisanal beers @ Bereta Taproom & Bottleshop // Listen to some vinyl @ Viniloteca

Day 2 – The self in Emotional Intelligence

10:00 – 11:30	- Self-awareness
	- Self confidence
11:30-11:45	International Coffee Break
11:45-13:15	- Self-management
	- Expressing emotions – Speech, Face, Body
13:15-14:00	Lunch Break
14:00-15:30	- Modelling beliefs & Behaviors: 4As, ABC, ABCDE

^{*} Evening recommendation: Visiting the Village Museum before 6 pm // Charity Quiz @ Vineri 15 from 7 pm



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Day 3 – Cultural Immersion

First 7.000 steps 10.00 – Visiting The Mitropolitan Cathedral

10.00 – 12.45 Walking City Tour #1 (Victory Square, the Metropolitan Cathedral Liberty Square, St. George Square, Union Square) Next 7.000 steps
12.45 - 13.45 **Museum of The Revolution**

14.00 – 15.30 Lunch 15.30 – 16.30 Walking City Tour #2 (Elisabetin District or Fabric District)

Day 4 – The Others in Emotional Intelligence

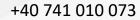
10:00 - 11:30	- Empathy
	- Social Awareness
11:30-11:45	Coffee Break
11:45-13:15	- Motivation
	- Organizational Awareness
	- Psychological Safety
13:15-14:00	Lunch Break
14:00-15:30	- Leadership & EI
	- Changing perspectives

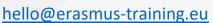
^{*} Evening recommendation: Visiting the Arts Museum before 6 pm // Antiteza Concert/Beyond Walls album Launch @ Casa Tineretului from 8 pm

Day 5 – The Social Skills of EI

10:00 – 11:30	- Active listening
	- Effective communication
11:30-11:45	Coffee Break
11:45-13:15	- Assertiveness
	- Conflict management
13:15-14:00	Lunch Break
14:00-15:30	- Emotional Wellbeing
	- Feedback Session & Graduation

^{*} Evening recommendation: Romanian Jewelery Week @ ISHO// Jazz Concert @ Filarmonica from 7 pm





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Don't miss:

- the Museum of the Comunist Consumer
- the Arts Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town
- Opera night

The training plan is subject to change based on the needs and expectations of the participants.

The social activities recommended for each day are optional and will be updated one week before the start of the training.