



European Academy
of Innovation

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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Presentation of the universities of the participants
13:15-14:00	Lunch Break
14:00-15:30	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Self-awareness- Self confidence
11:30-11:45	International Coffee Break
11:45-13:15	<ul style="list-style-type: none">- Self-management- Expressing emotions – Speech, Face, Body
13:15-14:00	Lunch Break
14:00-15:30	<ul style="list-style-type: none">- Modelling beliefs & Behaviors: 4As, ABC, ABCDE

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



European Academy
of Innovation

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

Day 3 – Cultural Immersion

First 7.000 steps

10.00 – Visiting The Metropolitan 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	<ul style="list-style-type: none">- Empathy- Social Awareness
11:30-11:45	Coffee Break
11:45-13:15	<ul style="list-style-type: none">- Motivation- Organizational Awareness- Psychological Safety
13:15-14:00	Lunch Break
14:00-15:30	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Active listening- Effective communication
11:30-11:45	Coffee Break
11:45-13:15	<ul style="list-style-type: none">- Assertiveness- Conflict management
13:15-14:00	Lunch Break
14:00-15:30	<ul style="list-style-type: none">- Emotional Wellbeing- Feedback Session & Graduation

* Evening recommendation: Romanian Jewellery Week @ ISHO// Jazz Concert @ Filarmonica from 7 pm



European Academy
of Innovation

+40 741 010 073

hello@erasmus-training.eu

www.erasmus-training.eu



Don't miss:

- the Museum of the Communist 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.