



European Academy  
of Innovation

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## Emotional Intelligence

### Preliminary Training plan

#### Day 1 – Introduction and Foundations of Emotional Intelligence

09:00 – 10:30	<ul style="list-style-type: none"><li>- Presentation of the trainer</li><li>- Presentation of the participants</li><li>- Expectations</li><li>- Presentation of the training program</li><li>- Administrative aspects</li></ul>
10:30-10:45	Coffee Break
10:45-12:30	<ul style="list-style-type: none"><li>- Presentation of the universities of the participants</li></ul>
12:30-13:30	Lunch Break
13:30-15:00	<ul style="list-style-type: none"><li>- Definition of EI</li><li>- The importance of EI in personal and professional life</li><li>- EI models</li></ul>

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

#### Day 2 – The self in Emotional Intelligence

09:00 – 10:30	<ul style="list-style-type: none"><li>- Self-awareness</li><li>- Self confidence</li></ul>
10:30-10:45	International Coffee Break
10:45-12:15	<ul style="list-style-type: none"><li>- Self-management</li><li>- Expressing emotions – Speech, Face, Body</li></ul>
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"><li>- Modelling beliefs &amp; Behaviors: 4As, ABC, ABCDE</li></ul>

\* 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 10.000 steps*

10.00 – Meet & Greet your guide  
10.00 – 12.15 Walking City Tour #1 (700  
Market, Jewish Quarter, Liberty Square, St.  
George Square, Union Square, Victory Square)  
12.50 – 13.50 **Museum of The Revolution**  
14.00 – 15.30 *Traditional Romanian Lunch*  
15.30 – 16.30 Fabric District

#### *Next 5.000 steps*

16.30 – 17.00 visiting the Faber Cultural Center  
17.00 – 17.20 **Boat trip**  
17.20 – 18.00 Walking City Tour #3 (Elisabetin  
District)  
18.20 – 18.50 **Communist Consumer Museum**  
18.50 – 19.00 – Tram ride to Liberty Square  
19.00 - *Dinner @ Vineri 15 Restaurant*

### Day 4 – The Others in Emotional Intelligence

09:00 – 10:30	- Empathy - Social Awareness
10:30-10:45	Coffee Break
10:45-12:15	- Motivation - Organizational Awareness - Psychological Safety
12:15-13:00	Lunch Break
13:00-15:00	- 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

09:00 – 10:30	- Active listening - Effective communication
10:30-10:45	Coffee Break
10:45-12:15	- Assertiveness - Conflict management
12:15-13:00	Lunch Break
13:00-15:00	- Emotional Wellbeing

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