

CULTIVATING EMOTIONAL INTELLIGENCE WITH MINDFULNESS & ENNEAGRAM:

Introduction

This workshop focuses on the topic of how to cultivate emotional intelligence, specifically, of practicing mindfulness, as a foundation, with the mindsets of empathy, joy and non-attachment. It also introduces participants to the language of our emotional spectrum and allows for deeper understanding of their Enneagram Type.

Who should attend?

Students who are keen to explore and learn what is emotional intelligence (using Daniel Goleman's foundation of Emotional Intelligence), to have a good understanding of the neuroscience of mindfulness, and have an experiential hands-on practice on mindfulness, with deeper understanding of the mindsets of empathy, joy and non-attachment. Students who are keen to discover their Enneagram Type through the lens of their range of emotional spectrum.

Benefits

- a. Build good foundation of understanding Emotional Intelligence (as defined by Daniel Goleman), and the neuroscience of neuroplasticity as the foundation of mindfulness practice.
- b. Experience practicing mindfulness during the workshop, with a simple technique to continue the practice of mindfulness outside the workshop.
- c. Deepen understanding and be able to practice the mindsets of empathy, joy and non-attachment.
- d. Deeper self-awareness, of own range of emotions spectrum, and co-relate to discover possible Enneagram Type

Learning Objectives

- a. Articulate Emotional Intelligence (as defined by Daniel Goleman) and the neuroscience of neuroplasticity as the foundation of mindfulness practice.
- b. Practice Mindfulness during the workshop, with a simple technique.
- c. Practice the mindsets of Empathy, Joy, Non-attachment under the umbrella of Emotional Intelligence

- d. Deepen understanding of self's emotional spectrum, co-relate with and discover more deeply, own Enneagram Type.

Course Outline

- a. Introduction to Emotional Intelligence (as defined by Daniel Goleman).
- b. Neuroscience of Mindfulness.
- c. Hands-on experience of Mindfulness with a simple technique to continue practicing outside the workshop.
- d. Hands-on experience with the mindsets of empathy, joy and non-attachment.
- e. Discover Enneagram Type through range of emotional spectrum