

## Emotional Intelligence

### ~ Integrating Emotional Intelligence Into Teaching ~

15<sup>th</sup> February 2018

It has long been debated that a high IQ ensures a successful life. However, more recent studies have revealed the importance of emotional intelligence, be it at work, at school or in society. Research verifies that emotional intelligence can be taught to students and that increased emotional intelligence predicts better outcomes. Let us guide you through the mazes of emotional intelligence and reveal important theoretical aspects and present means of implementing this thought-provoking construct into your teaching.

#### Programme

##### 9:30 – 10:00 Insights into Emotional Intelligence

In the present context, emotional intelligence is a crucial characteristic of the individual that accounts for the overall success in life. It represents a gateway to a balanced life, many specialists arguing that a person's emotional intelligence is more important than their IQ and a more accurate predictor of success. Join us in exploring the relevant aspects related to this complex construct that is emotional intelligence and further on, address practical ways which help develop each core component of emotional intelligence.

##### 10:30 – 11:00 Benefits of core emotional intelligence skills and how to integrate them in the classroom

Now that everybody has a general idea about what emotional intelligence is, the focus will shift on how to teach it on both students and teachers. In this part, we are going to discuss about 4 main skills we need to develop in order to have emotionally intelligent students and teachers, as well as the benefits and techniques through which we can integrate them into our lesson plans.

##### 11:00-11:30 Exercises and techniques

How do you want to influence your students? How do they feel as a result? Does your behavior help them or does it also hinder their learning? How can you make your students' lives better by teaching them about emotions and how to interact in an emotional intelligent way?

##### 11:30-11.45 Tea & Cookies

**Registration page:** <https://www.shakespeare-school.ro/bright-teachers-15-feb-2018/>

**Location:** Carturesti Verona, 13-15 Pictor Arthur Verona Street, Bucharest.

### Meet the teacher trainers:



**Ana-Maria Chiriac** is a teacher of English at Shakespeare School. She prepares groups of young learners and teenagers for Cambridge exams and, as course coordinator, she develops customized materials, tests and lesson plans. Ana-Maria holds a Trinity CertTESOL qualification and has hosted in-house training sessions. She is TKT certified and also very passionate about her continuous professional development, stating that teaching is definitely her vocation.



**Gina Podaru** is an English teacher at Shakespeare School. She is responsible of material creation and course coordination for YLE Movers and also prepares young learners and teenagers for Cambridge exams. She has delivered several in-house training sessions at Shakespeare School and holds TKT certificates to attest her teaching preparation.



**Mara Blaj** is an English teacher at Shakespeare School and a life coach. She is passionate about preparing learners with life skills that extend beyond the English Language: learning techniques, emotional intelligence, creativity, assertive communication. She has been teaching children and teenagers, for over 10 years, in different environments from Walt Disney World and Ikedoo to Shakespeare School. She has a CELTA Diploma and preppers children for Cambridge exams and more.