

Emotional Intelligence & Personal Impact

Review the pathway below (option to customise)

Total Duration: 4 hours

Learning outcomes:

- This Learner Pathway helps students from high-school and Further Education through to Higher Education gain an understanding of how communication skills impact those around them, particularly in the workplace, and how they can better express themselves.

The Journey:

- To provide a holistic learning experience, this Pathway is split into four chapters: The Basics of Self Awareness, Speaking to Make an Impact, Interacting with Others, and Perceiving the Emotions of Others. Each chapter focuses on different aspects of understanding communication and discovering techniques and building skills for better, more empathetic, communication.

Session 1: The Basics of Self Awareness

Exercise: Public speaking: The importance of language

This activity demonstrates how small changes to your body language can affect an audience's perception of your message.

Exercise: Public speaking: Finding your voice

In this activity, the learner takes a short quiz with their charisma coach, Jeremy, to find out what type of speaker they are naturally: teacher, motivator, expert, or influencer.

Questionnaire: Connect what you've learned to you experience and personality

Exercise: Preparing interview stories

This activity helps learners brainstorm great examples of their skills to showcase in interviews.

Exercise: Personal calming techniques

In this activity, Ambika, a virtual mentor, introduces the learner to three simple techniques for staying calm and grounded in stressful moments: depersonalisation, grounding, and box breathing.

Exercise: Identifying your strengths and non-negotiables

In this activity, learners explore their personal strengths and non-negotiables that'll help them land a job where they can truly thrive.

Questionnaire: Connect what you've learned to you experience and personality

Quiz: Check your knowledge



Session 2 : Speaking to Make an Impact

Exercise: Public Speaking: Structuring your speech

In this activity, learners are guided through three common speech structures often used by renowned and successful speakers: inform, instruct, and inspire.

Exercise: Public Speaking: Shaping your intonation

This activity helps learners understand how tone of voice can affect their message when speaking.

Exercise: Crafting convincing, compelling answers

In this activity, learners discover how to sell themselves in interviews by tying their personal qualities to the role.

Exercise: More than just words

This activity is a game show simulation designed to train communication skills.

Questionnaire: Connect what you've learned to you experience and personality

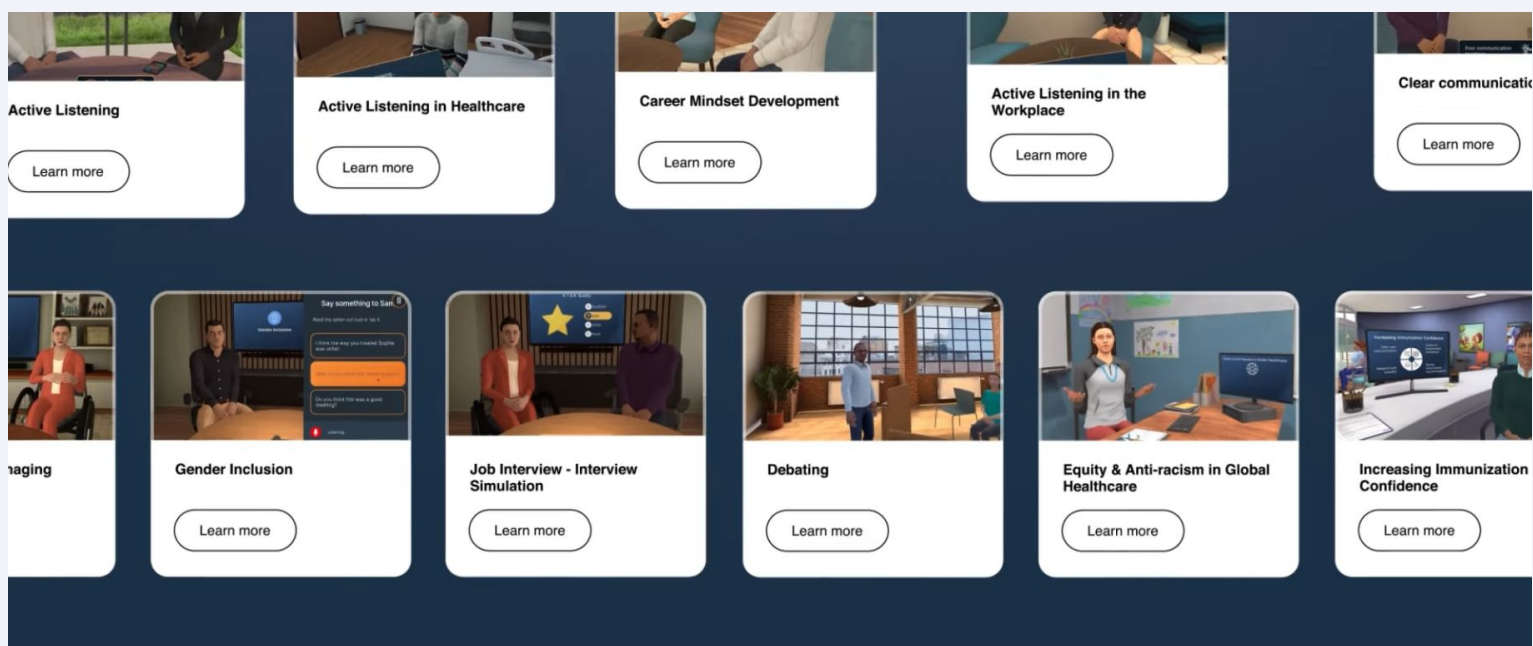
Exercise: Making a persuasive argument

This activity is a game show simulation designed to train communication skills.

Simulator: Debating

An interactive AI debating simulation that allows you to customise the topic and adjust the difficulty level, providing a dynamic and personalised learning experience.

Quiz: Check your knowledge



Session 3 : Interacting with Others

Exercise: Understanding different types of team players

In this activity, learners explore what kind of team player they are according to Glenn Parker's four types: communicator, contributor, collaborator, or challenger.

Exercise: Good and bad teamwork

In this activity, the learner observes a project kick-off where teammates Astrid, Jamal, Suki, and James are struggling to keep the conversation productive and amicable.

Questionnaire: Connect what you've learned to you experience and personality

Module: Active Listening

Identify poor active listening habits, experience what lack of active listening feels like and practise active listening behaviours like clarifying, summarising or acknowledging emotions.

Exercise: Learn how to collaborate with others

In this activity, the learner meets with their virtual teammates, Astrid and Jamal, to help brainstorm ideas for an event.

Questionnaire: Connect what you've learned to you experience and personality

Exercise: Communicating with clarity, concussion and confidence

This activity is a game show simulation designed to train communication skills.

Quiz: Check your knowledge

Emotional Intelligence & Personal Impact

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← Classes

Overview

Learners

Assignments

Statistics

Class Access Code

Single class codes allow learners to select their own identity in the app.

Generate code

Self-enrollment Form

Share this link or QR code to a web form where learners can enroll and get a unique login code.



<https://go.bodyswaps.co/enroll?enrollmentKey=28fb3781490480586dc5e41a5bce235&locale=en®=ca>

Progress

Manage assignments from the Assignment Tab.

Emotional Intelligence & Personal Impact: Chapter 1 - The Basics of Self-Awareness	Pathway	0 Completed 0 Started 0 Not Started
Emotional Intelligence & Personal Impact: Chapter 2 - Speaking to make an Impact	Pathway	0 Completed 0 Started 0 Not Started
Emotional Intelligence & Personal Impact: Chapter 3 - Interacting with Others	Pathway	0 Completed 0 Started 0 Not Started
Emotional Intelligence & Personal Impact: Chapter 4 - Perceiving the Emotions of Others	Pathway	0 Completed 0 Started 0 Not Started

Session 4 : Perceiving the Emotions of Others

Exercise: Practice your active listening

This activity is a game show simulation designed to train communication skills.

Module: Let's Talk about Race: Bias as a Barrier

Unconscious bias impacts people who are different from us, as well as limiting our ability to think critically

Simulator: Active Listening in the Workplace

This AI-powered simulator helps learners practice their active listening skills with a virtual colleague. They'll engage in a free-flowing, dynamic conversation, and receive personalised feedback on their performance at the end. Here, you can create a custom scenario for any type of workplace: corporate, retail, healthcare, and more!

Quiz: Check your knowledge

