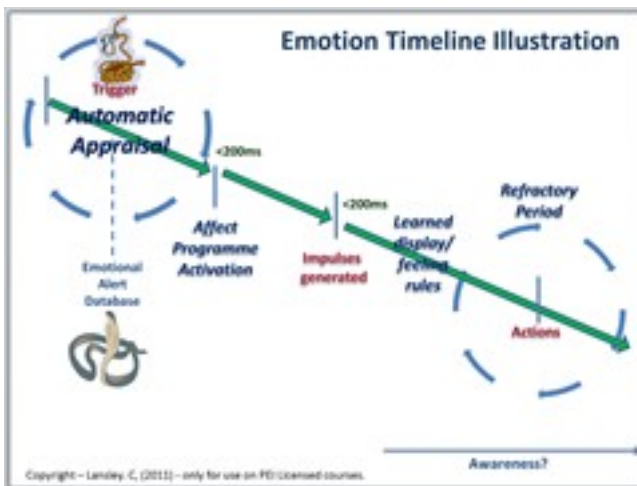


ESaC: Emotional Skills and Competencies Training

This three-day core programme centred on cutting edge behavioural science, prepares people with the knowledge, skills and approaches to evaluate verbal and non-verbal communications from others. It covers the knowledge, understanding, skills and application of emotional competencies. The course is designed to help you become aware of your own emotions (before they get you into any trouble!).



Based on Dr Ekman's science and leading edge training methodology you will use the emotional timeline from trigger... to impulse... to action to understand the challenges and skills around awareness through that process.

It will also develop your skills to enable you to read the true emotions in others to help you build and maintain constructive, successful relationships.

You will learn how to read facial expressions, plus the other four channels that we need to pay attention to in others if we really want to know what they are saying: body language, voice, verbal style and the actual words spoken/written. You will practice and hone those skills in a safe environment with a Paul Ekman International Approved Trainer.

The wide applications and benefits of this emotion based training are outlined by Dr Ekman as follows:

"In any transaction that matters whether it's between lovers, between parent and child, between salesman and client, between doctor and patient, between suspect and interrogator, between adversaries at an election, emotion is what we're looking for. Emotions tell us what matters." - Paul Ekman (www.bigthink.com/think-tank/lie-to-me)

A graded Certificate of Competence will be awarded to you on completion.

Course outline

Aims:

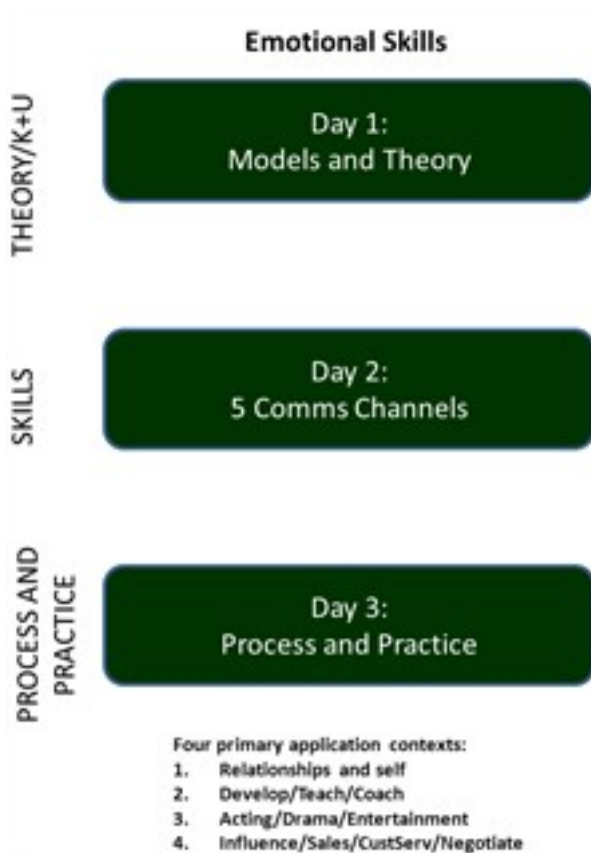
To enable you to recognise and manage your own emotions, improve your capacity to identify emotions in others and adopt appropriate strategies for building productive relationships.

Objectives:

At the end of the workshop you will be able to:

- Understand how emotions work
- Recognise your hot triggers
- Be aware of impulses as they arise
- Be aware of when you are in the grip of an emotion
- Develop self-monitoring capabilities.
- Recognise emotions in others to aid deeper understanding
- Use this information to work with others constructively.

The content covered within the Emotional Skills and Competencies (ESaC) workshop is outlined below.



Day 1

- Pre-test (ESaC)
- Emotions defined
- Automatic appraisal system
- Self awareness/Management
- Attentiveness

Day 2

- Pre-test (METT - Micro expression training tool)
- Facial Expressions
- Post-test (METT)
- Subtle/Partial/Mini Expressions
- Body Language
- Verbal style, content and voice

Day 3

- The PEER Model
- Preparation for ESaC
- Managing the process
- Preparation and engagement
- Evaluating and understanding
- Post-test (ESaC).

Welcome to ESaC!