



# Module planner template

**Learning event:** SMAH918: Emotional Intelligence for Leaders

**Module:** 1

**Topic(s):** Introduction to Emotional Intelligence

## MODULE OVERVIEW:

What is emotional intelligence, and why is it important to people in leadership roles? We will begin our exploration of emotional intelligence in this module. Then, over the next several weeks, there will be a range of activities and tasks to complete, where you will reflect on your own emotional intelligence and discuss further via the blog or the discussions.

So let the journey begin...

## MODULE OUTCOMES:

By the end of this module, learners should be able to:

- Define emotional intelligence.
- Assess their own emotional intelligence strengths and weaknesses.

## CONTENT:

Introduction to Emotional Intelligence Multimedia module—Complete this interactive module. It will provide an overview of emotional intelligence. File is LeadingwithEQ.zip

The Importance of Emotional Intelligence—The most studied and practiced model of Emotional Intelligence, known as the Mixed Model, was developed by Daniel Goleman in 1999. However, other models do exist. This website provides a concise overview of Emotional Intelligence and explores three models and five components of emotional intelligence.

<http://theimportanceofemotionalintelligence.weebly.com/>

Why Emotional Intelligence Matters Video— This video presents another take on Goleman's model. It has a slight focus on education systems, but still provides a solid overview on the importance and application of EQ in all facets of life. <https://youtu.be/uNtXEtAgE3Y>

## ACTIVITIES:

Understanding Your Emotions—Part of developing your Emotional Intelligence is being self-aware of your emotional responses. Download the Understanding Your Emotions Handout and use it to record your emotional responses four times per day for a period of five days. You may want to set a calendar reminder or a reminder on your phone. The Emotional Intelligence Touchpoint Cards have been provided as a resource to assist you in developing the vocabulary to describe your emotional states. Files are Understanding Your Emotions.pdf and Touchpoint Cards.pdf

Introduction to EQ Blog Post—In your blog, reflect on your experience of recording your daily emotions. What were your strengths and weaknesses? Identify your personal and professional development goals that will inform your further development of emotional intelligence.



## **ASSESSMENT:**

Learners will complete a self-reflection assessment that covers the content of Modules 1 and 2. In this self-reflection, students will need to define emotional intelligence and draw on their reflection from this module and the second module to create a development plan for their own emotional intelligence. Of the learning outcomes assessed by the assignment, the above-listed materials and activities support student progression toward the following learning outcomes:

1. Critically evaluate emotional intelligence and its relevance and application to clinical governance in healthcare systems.
2. Apply theories and models of emotional intelligence to leadership practice in healthcare systems.
3. Communicate knowledge and ideas about how emotional intelligence manifests in leadership practice associated with clinical governance in healthcare settings.

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## Reference

Module Planning Template design based on Porter, D.B. (2010). *Online Course Development Toolkit*.