

Course Name	–	<u>APPLIED TRAINING IN EMOTIONAL INTELLIGENCE (COURSE NO 142)</u>
Course Duration	–	6 months / 6 modules / 12Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/ Reusable Learning Materials/1:1 Sessions/Highly Interactive/Intermediate
Course Structure	–	Interactive sessions /24x7 Virtual Support /Work Expertise Based / Guide Assisted
Eligibility	–	10+2+3 Years or 15+2 Years (psychology/social work/hd/training/mgt/hr/edu)
Interactive Sessions	–	1 interactive session/module - 24/7 Advisor Call Support - 24/7 Guide Email Support

MODULE NAME	MODULE BRIEF
<u>14201 – EMOTIONAL INTELLIGENCE</u>	Provides an overview of emotional intelligence, its theoretical foundations, and its role in personal and professional success.
<u>14202 – APPLIED EMOTIONAL INTELLIGENCE</u>	Examines the application of emotional intelligence principles in workplace, educational, and interpersonal contexts.
<u>14203 – EMOTIONAL INTELLIGENCE SKILLS</u>	Develops core skills including self-awareness, self-regulation, empathy, and relationship management.
<u>14204 – EMOTIONAL AGILITY</u>	Explores strategies to adapt effectively to change, manage stress, and maintain psychological flexibility.
<u>14205 – EMOTIONAL INTELLIGENCE ACTIVITIES</u>	Engages learners in experiential exercises and practices designed to enhance emotional intelligence competencies.
<u>14206 – EMOTION CENTRED PROBLEM-SOLVING THERAPY</u>	Focuses on therapeutic approaches that integrate emotional intelligence with structured problem-solving techniques.

Course Fee	Indian Learners	Learners from other countries
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹8,400 (Email-based)	\$200 (Email-based)
1:1 Guide Orientation Sessions Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹15,400 (Session-based)	\$380 (Session-based)

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp the Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org