



## Emotional Intelligence: Becoming a more emotionally intelligent school.

We know from neuroscience that extreme emotional states can interfere with learning and development. Our feelings are closely intertwined with our thoughts and actions and therefore our learning and interaction in school. Emotional intelligence is therefore an essential skill and one we are all continually developing.

This course will support teachers developing their own emotional intelligence which helps to reduce stress and increase resilience. It will also guide teachers to develop their pupil's own emotional literacy through developing an emotional vocabulary, increased awareness of how pupils respond emotionally and provide many practical ideas for strategies to support this development.

This training can be adapted and modified to suit the individual needs of the school/organisation. It could be delivered as either a one day, half day or series of twilight taster sessions but is most effective as a one day course (or over 2 half day sessions).

**Consultant:** Andrea Smollen

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*“It was a very good day, packed full but well planned, expertly delivered and extremely useful. It certainly got us all thinking!”.*

*Spalding Parish School*

