

■ Career Readiness Program

■ Module 1: Self-Development & Emotional Intelligence

■ Course Outline:

- Introduction to Self-Development Concepts
- Understanding Emotional Intelligence (EI)
- Self-Awareness and Self-Reflection Techniques
- Managing Emotions Under Pressure
- Building Resilience and Growth Mindset
- Goal Setting and Personal Accountability
- Work-Life Balance and Stress Management
- Developing Positive Professional Attitudes

■ Learning Outcomes:

- Understand the key components of emotional intelligence and their impact on career success.
- Apply practical strategies to manage emotions and enhance interpersonal relationships.
- Set and achieve personal and professional development goals.
- Build resilience and adaptability in changing environments.
- Demonstrate a confident and self-aware approach to professional challenges.

■■ **Duration:** 10 Hours

■ **Cost:** \$100

Offered by the National Education Network (NEN)