

Empower your interactions and develop  
your emotional intelligence skills with  
BAOIAM'S

**Emotional Intelligence Course**



# ABOUT US

WE AT BAOIAM NURTURE YOUR COLORFUL CAREER DREAMS WITH A DEDICATED APPROACH TOWARDS PROVIDING YOU WITH THE BEST QUALITY COURSES AND OPPORTUNITIES IN THE FIELD OF EDUCATION.

- ✓ Expand your horizons
- ✓ Meet your aspirations
- ✓ Transform your future



BE ONE IN A MILLION

# “Explore Courses Now”

Welcome to BAOIAM Executive and Public Relations Emotional Intelligence Course!  
Unlock Your Potential with Our Executive and Public Relations Emotional Intelligence Course

An Emotional Intelligence course is designed to help individuals to develop the ability to recognize, understand and manage their own Emotions and Handle them in a particular situation as well as to understand the Emotions of others.

It gives you self Awareness to know your own strengths, weaknesses, and values. this Is the foundation of learning Emotional Intelligence. This course is an immersive journey from Understanding to handling your and others Emotions in our everyday Lives this course delves into the core aspects of Emotional Intelligence including Motivation, Empathy and Social Skills. Throughout this course,, you will learn how to recognize and manage your own Emotions and Understanding the influence the Emotions of the others and delve deeper into their Emotions, by The end of this course you will equipped with practical strategies to harness the power of Emotional Intelligence and learn how to balance your Professional and Personal life with tools and Techniques.

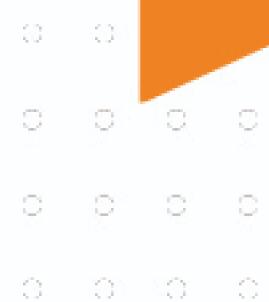
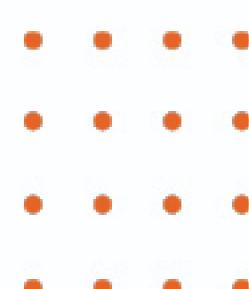


# PROGRAM OVERVIEW

- EI vs. IQ : Distinguishing emotional intelligence from cognitive intelligence and exploring their interplay.
- Learn the core principles : Emotional Intelligence including the science behind Emotions and how they influence behavior and gain Insights of self awareness, self regulations.
- Develop a strategies : recognize and understanding your own Emotions, And learn how how harness your Emotions to stay out of stress and achieve your goal with right mindset
- Engage with real life examples : role playing executives to apply Emotional Intelligence in various situations such as creating a road map and how to apply it in a daily life and work environment.

# PROGRAM OVERVIEW

- Self-Assessment Tools : Using quizzes and reflective practices to gain insights into emotional patterns. Exploring how self-awareness influences decision-making and interpersonal interactions.
- Non-Verbal Cues : Interpreting body language, tone of voice, and facial expressions to gauge others' feelings. Responding to others with sensitivity and understanding.





## Placement Assistance

We offer placement support by training you for **interviews** and guiding you to take up the **right career path**.



## Personalized Mentorship

This allows for **personal guide** to enhance your skills ensuring growth and development in all aspects.



## 1:1 Sessions

This allows for **personal attention** and **customized learning** experiences tailored to individual needs.



## Interview Training

Prepare, practice, and showcase your **unique strengths**. Baoiam is here to support you on your journey to a successful interview.



## 50+ Live Projects

This gives the students **real world experience** with practical approach and experiences.

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BENEFITS  
PROVIDED  
BY  
**BAOIAM**

# COURSE CURRICULUM

## Week 1: Introduction to Emotional Intelligence

- Definition and Importance of Emotional Intelligence (EI)
- Components of EI:
  - Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills
- Overview of Course Objectives

## Week 2: Self-Awareness

- Understanding and Identifying Emotions
- Self-Reflection and Emotional Awareness Techniques
- Impact of Self-Awareness on Personal Growth

## Week 3: Self-Regulation

- Techniques for Managing Emotions
- Stress Management and Resilience Building
- Strategies for Controlling Impulses and Reactions

# COURSE CURRICULUM

## Week 4: Motivation

- Understanding Intrinsic and Extrinsic Motivation
- Setting and Achieving Personal Goals
- Overcoming Obstacles and Maintaining Motivation

## Week 5: Empathy

- Developing Empathetic Understanding
- Active Listening and Compassion
- Empathy's Role in Building Relationships

## Week 6: Social Skills

- Effective Communication and Interpersonal Skills
- Conflict Resolution and Negotiation
- Building and Maintaining Healthy Relationships

# COURSE CURRICULUM

## Week 7: Emotional Intelligence in Academic Settings

- Applying EI in Classroom Interactions
- Managing Academic Stress and Building Positive Relationships with Peers and Teachers
- Techniques for Enhancing Academic Performance Through EI

## Week 8: Emotional Intelligence in Leadership

- The Role of EI in Leadership and Team Dynamics
- Developing Leadership Skills Through EI
- Influencing and Inspiring Others

## Week 9: Integration of Emotional Intelligence Skills

- Integrating EI Skills into Daily Life
- Reflecting on Personal Growth and Development
- Preparing for Final Projects

# COURSE CURRICULUM

## Week 10: Projects

- Minor Project
- Major Project

# OUR COURSES

1999/-INR  
FOR 10 WEEKS

# Pricing table

2999 INR

**Expert masterclasses**

**Live Classes**

**Doubt clearing sessions**

**Structured courses & PDFs**

**Interactive Assessment**

**Mentorship**

**Resume building**

**Real-World Projects**

**Resource Hub**



# Our College Reach



**GLA  
University**



**Delhi  
University**



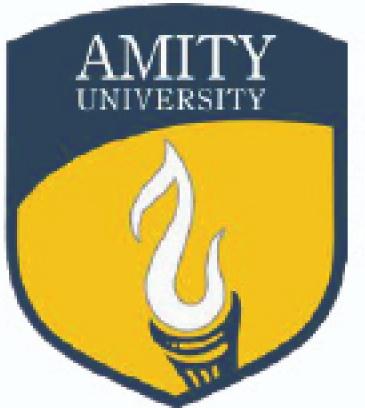
**Rajdhani  
College**



**Hansraj  
College**



**Alliance  
University**



**Amity  
University**



**RKDF**



**IILM**



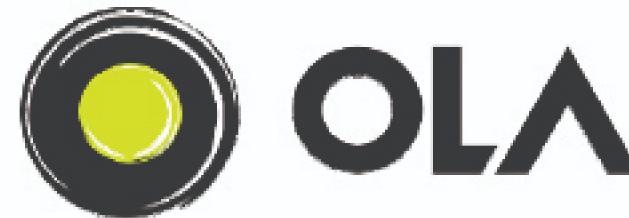
**Maitreyi  
College**



**Sharda  
University**

# Our Company Reach

**VOLTAS**  
A **TATA** Enterprise



**VISA**

**amazon**

**Dentorsity**

**Flipkart**



**accenture**

**paytm**

**INTERNSHALA**  
internships that matter

**lenskart**

**facebook**

**HELLO INTERN**  
THE GLOBAL INTERN EXPERT!

**HCLTech**

**Urban  
Company**

**Hirect**

**intel**

# SUCCESS STORIES



**Vivek Sharma**

I would like to thank BAOIAM and its mentors for the guidance which was given to me throughout my journey as a trainee. They helped me in learning with ease which eventually landed me a job for a package of **10 LPA**. I will always be grateful to BAOIAM for such an amazing opportunity.



**Sahiba Sinha**

I trained with BAOIAM and it was due to their immense support and guidance, that I subsequently landed a job with **10 LPA**. I extend my sincere gratitude to all my mentors and trainers for helping me out in shaping my life.



**Ruhaan Hawaldar**

I started my training at BAOIAM. With all the essential training and knowledge from my mentors, I landed a job for **12 LPA**. Cannot thank enough for all the time and energy that BAOIAM and its mentors has invested in me.



**Yash Bajaj**

Started training as an intern at BAOIAM and got place with a package of **10 LPA**. I would like to show my heartfelt gratitude to BAOIAM and its trainers for helping me out in building my career.



# CONTACT US



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