

## Overview

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### Unit 1: Setting the Stage for Me and My Performance

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#### Topics:

- Defining EI
  - Base and Dimensions of Emotional and Social Intelligence
  - Intellectual, Social, Cultural, and Emotional Factors and Intelligences
  - Jungian Personality Self-Assessment
  - 16 MBTI Preference Profiles
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#### Learning Objectives:

By the end of this Unit, you will be able to:

1. Define the base and the dimensions of emotional and social intelligence
  2. Differentiate between Intellectual, Social, Cultural and Emotional intelligences.
  3. Apply MBTI preferences and one orientation in the process of self-assessment.
  4. Explain how existing links between MBTI and EI matter in defining EI at individual levels.
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#### Tasks:

- Read the Learning Guide and Reading Assignments
- Participate in the Discussion Assignment (post, comment, and rate in the Discussion Forum)
- Complete an entry in the Learning Journal
- Take the Self-Quiz

