




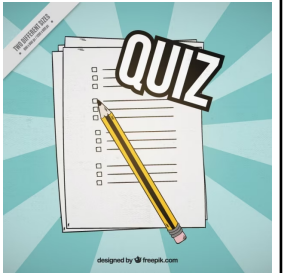


Storyboard Emotional Intelligence: Module One

| Slide | Narration/ Voiceover | Design notes | Media/Animation |
|--|--|--|---|
| 1 Cover | As we have all heard, understanding our emotions and skillfully navigating through them play a crucial role in our personal and professional success. Welcome to this journey into Emotional Intelligence, where we'll explore the art of harnessing emotions for a more enriching life. | Warm and inviting background with a title that emphasizes "Emotional Intelligence." This slide should include a 'Begin Course' button for learners to click. | Infographic |
| 2 What is Emotional Intelligence? | "Before we go further, let's establish the foundation. Emotional Intelligence, or EQ, is the profound ability to recognize, comprehend, manage, and channel emotions effectively." | This slide should depict a variety of emotions, symbolizing the complex nature of emotions and the importance of managing them, with a big question mark. |  |
| 3 The Five Components of EQ | Now, picture EQ as a symphony. It's composed of five harmonious elements: Self-awareness, Self-regulation, Motivation, Empathy, and Social Skills, all playing their unique parts. | Consider a musical theme. The background should resemble a stage or concert setting, with the five components of EQ depicted as musical instruments or notes, conveying their harmonious nature. | Animation |
| 4 Self-awareness | Let's zoom into the first element: Self-awareness. This is like having a personal radar for your emotions, strengths, weaknesses, and their impact on your actions and relationships." | Visual representation of a person standing in front of a mirror, symbolizing self-reflection, could work effectively. |  |
| 5 Self-regulation | Now, the self-regulation piece. Think of it as the conductor of your emotions. You manage impulses, | Image of a person navigating a sailboat through turbulent waters symbolizes | Video/Animation |

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| | control reactions, and gracefully adapt to changing situations. | self-regulation. Incorporate a background with waves to represent emotional turbulence. | |
| 6 Motivation | Insert the motivation element. Imagine EQ as a vehicle. Motivation fuels your drive and resilience. It's the spark that propels you towards your goals." | A dynamic image of a person in a vehicle, with vibrant energy lines trailing behind, visually representing motivation. The background could be in motion, indicating progress. | Video/Animation |
| 7 Empathy | Now, the empathy piece. EQ is like a bridge connecting hearts. Empathy lets you understand and share the feelings of others, fostering deeper connections." | An image of two people holding hands across a divide could illustrate empathy and understanding. |  |
| 8 Social Skills | Moving forward lets discuss about the social skills component. Think of EQ as a web of interactions. Social skills weave this web, helping you build strong relationships and manage conflicts. | A web-like pattern could be overlaid on the background. Images of people engaging in positive interactions, such as collaboration or teamwork, could effectively represent social skills. |  |
| 9 Benefits of High EQ | Now that we've put the pieces together, consider the benefits. High EQ enhances communication, leadership, teamwork, and overall well-being. | The background could display puzzle pieces coming together, forming a cohesive image. Images of successful interactions, effective teamwork, and a confident individual could highlight the benefits. | Animation |
| 10 | Let's look at an example highlighting the advantages of high Emotional | Character animation | |

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| | <p>Intelligence. Jane, with a high EQ, excelled in a challenging project. Her adaptability, calm under pressure, and effective communication led to a promotion, showcasing EQ's role in leadership.</p> <p>Sarah, using her empathy and social skills, resolved team conflicts through a workshop, improving productivity and team dynamics, demonstrating EQ's impact on teamwork.</p> | | |
| 11 Practice and Growth | In conclusion, just like nurturing a garden, EQ requires care and cultivation. Practice self-awareness, empathy, and emotional management for personal growth. | An image of a person tending to a plant could emphasize the idea of nurturing EQ skills. |  |
| Quiz | We are almost finished, and now it's time to test your knowledge again. Let's see what you have learned! | <p>Learners will be presented with MCQ questions. Refer to Appendix for questions.</p> <p>Provide quiz score after user selects "Submit." Allow learner to view incorrect answers and see the correct answer.</p> |  |

Appendix

Question 1. Which component of Emotional Intelligence involves the ability to effectively manage one's own emotions, including controlling impulses and adapting to change?

- A)Empathy
- B)Motivation
- C)Self-regulation
- D)Social Skills

Answer- C- Self-regulation

Question 2. What are some potential benefits of having a high EQ.

- A)Increased IQ and better math skills
- B)Improved cooking skills
- C)Greater musical talent
- D)Enhanced communication, leadership, teamwork, and well-being

Answer- D

Question 3. What advantages are often associated with individuals possessing high Emotional Intelligence (EQ)?"

- A)Exceptional technical skills
- B)Enhanced adaptability, composure under pressure, and effective communication
- C)Superior project management abilities
- D)Enhanced eye for detail

Answer- B

Question 4. Which of the following best describes empathy?

- A. Feeling sorry for someone
- B. Sharing the same experiences as someone
- C. Understanding and resonating with someone's feelings
- D. Ignoring someone's emotions

Answer- C

Question 5. What is the role of social skills in the context of Emotional Intelligence (EQ)?

- A. They primarily involve feeling empathy for others.
- B. They are unrelated to EQ and interpersonal relationships.
- C. They help build strong relationships and effectively manage conflicts.
- D. They focus on understanding and sharing someone else's feelings.

Answer- C