**Storyboard Emotional Intelligence: Module One**

| **Slide** | **Narration/ Voiceover** | **Design notes** | **Media/Animation** |
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| **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, control reactions, and gracefully adapt to changing situations. | Image of a person navigating a sailboat through turbulent waters symbolizes self-regulation.  Incorporate a background with waves to represent emotional turbulence. | Video/Animation |
| **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 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.  Sarah, using her empathy and social skills, resolved team conflicts through a workshop, improving productivity and team dynamics, demonstrating EQ's impact on teamwork. | Character animation |  |
| **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! | Learners will be presented with MCQ questions.  Refer to Appendix for questions.  Provide quiz score after user selects “Submit.” Allow learner to view incorrect answers and see the correct answer. |  |

**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