



Emotional Intelligence Skills training for a more effective Communication

Sabbatical leave project 2022/23

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Sabbatical leave - exemption from teaching activity for a period of one academic year, starting on October 1, 2022, to carry out research work

What exactly?

- An education and teaching project in the field of Communication and Management of Emotions;
- framed by: Master in Science on Emotions; Unlocking EQ and EQ Assessor Certificates and Applied Emotional Intelligence Certification;
- and the experience of years providing training within Management of Emotions; Effective Communication and Drama Techniques.

Objectives

- assess which social and communication skills are currently undervalued / underused in the universe of students/cadets from several European higher military education institutions;
- support students/cadets in rescuing these skills, turning them into effective tools for everyday communication and leadership.

Work plan

Between October and March:

- collaboration with 6 European HMEI
- work with groups of up to 20 students
- provide 4 training sessions (1 month duration)



Training Sessions

1. *State of the Mind Questionnaire* and session on non-verbal language communication: **The walk that talks** (in presence);
2. session (online) on emotional literacy: **Are words gone with the wind?**;
3. session (online) on EQ and Communication: **Human skills for human people**;
4. session (online) EQ and decision making: **Who do you think you are?** and *State of the Mind Questionnaire*;

Impact of the activities on the trainees:

- development of self-awareness;
- empowerment in decision-making;
- awareness of the ways they communicate and relate with others;
- awareness of the effect of the way they act and react to others.

Expected results

- Disseminated in scientific articles and conferences within the area of expertise (Communication, Emotion Management, and Emotional Intelligence):
 - Participation in conferences at the level of the Military Academies (2) and the national (1) and international level (2) in other types of institutions;
 - 2 articles for publication in Portuguese, with peer review;
 - 2 articles for international publication, with peer review.





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Thank you for listening!

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