

# Day One: Pinpointing & Accepting Emotions

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## Session - 1

### **Introductions and Purpose of Training**

#### **What are emotions?**

*A new concept on the origin of emotions. 80% of emotions are identified inaccurately. Learn to identify your emotions more correctly and instantly.*

#### **Primary and Secondary Emotions**

*Classify primary from secondary emotions. What do all emotions have in common? Identify and accept any emotion. Value the ability to feel emotions. Step in and out of emotions Consciously*

## Session - 2

### **Transform Resistance into Assistance**

*Physical group exercise identifying resistance and judgments against emotions. Transform any denial or fight into acceptance.*

#### **Reframing Emotional States**

*“Maybe, what I thought was anger was actually a signal for doing something differently...” Welcome emotions as opportunities to learn more.*

#### **Laughter Yoga**

#### **Setting Outcomes for Increasing your Emotional Intelligence Quotient (EQ)**

*Test and evaluation of individual EQs*

## Session - 3

### **Internal and External Focus**

*Relate focusing abilities to emotions. Learn differentiating and shifting between internal and external focus to consciously detect and approach emotions at the onset.*

#### **Assumptions and Facts**

*The stories we make... Practice differentiating assumptions from facts.*

## Session - 4

### **Empowering Boundaries: The Emotional Health Model.**

*Define boundaries and deepen boundary-setting skills using the anatomical cell model related to setting and defining needed boundaries. Apply tools for challenging emotional situations. Receiving feedback on effectiveness for daily application*

#### **Emotional Health Meditation**

#### **Questions & Answers, Ending**

**Assignment:** *Practice the Cell Model. Apply Reframing to change perception of emotions.*

# Day Two: Empowerment & Emotional Intelligent Communication

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## Session - 1

### **Questions & Answers**

*Strengthening concepts and application of Day One*

### **The Emotional Power Triangle**

*Practice identifying and shifting between the three main positions within yourself. Practice applying boundaries and allowing closeness in personal and professional relationships.*

## Session -2

### **Language that Disempowers; Language that Empowers**

*Practice diverting from disempowering language and enforce Language that Empowers.*

### **The Accountability Model**

*Understand and apply this innovative concept to engage and implement responsibility and commitment in your work environment*

## Session - 3

### **Emotional Intelligent Communication**

*Emotional intelligent communication: Differentiate the use of “You” and “I”. Communicate understanding and taking responsibility. Learn the four signals and responses for emotional intelligent communication. Apply the four signals in daily case scenarios.*

## Session - 4

### **The Four-Step Leading Pattern**

*Articulate emotions authentically. Enhance communicating emotions to deepen any type of relationship. Communication scenarios: Practicing successfully addressing and handling disruptive behavior, charged situations and interactive resistance. Turn challenges into opportunities.*

### **Questions & Answers**

**Assignment:** *Apply three times the 4-Step Leading Pattern with successful feedback. Write down examples.*

# Day Three: Awareness & the Neutral Place

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## Session - 1

### **Emotionally Engage using the Four-Step Leading Pattern**

*Demonstrate successfully handling three of your most challenging emotional scenarios applying the 4-Step Pattern. Receive feedback.*

## Session - 2

### **The Psychological Layers**

*Learn the map of the psychological layers of emotions. Describe the effect of childhood conditioning on defense mechanisms, “masks” and the origin of emotional patterns  
Find protection mechanisms that limit emotional and physical health. The value of authentic power and authentic vulnerability*

### **Feel Emotions.**

*Spiritual perspective. You are NOT your emotions. Who are you truly? Enhance the ability to be with emotions from a spiritual perspective*

## Session - 3

### **The 5 Emotional Perceptual Positions**

*Learn and practice the five emotional perceptions building the ability to detach from emotions.  
Demonstration session: The Awareness Process and the Neutral Place.*

## Session - 4

### **The Neutral Place**

*Practice your Neutral Place for handling emotions effectively and to your satisfaction.*

### **Emotion Yoga**

**Assignment:** *Practice the Neutral Place in selected situations.*

# Day Four: Techniques for Transforming Emotions

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## Session - 1

### **The Five Keys for Emotional Intelligence**

*Introduction to the 5 Keys: - Learn and begin applying the 5 Keys for daily case scenarios.*

## Session - 2

### **Stimulus Response & Emotional Triggers**

*Understand stimulus response according to emotions & Methods of early detection. Practice interrupting stimulus response. The Swish Model for quickly interrupting stimulus response and creating new resourceful responses.*

## Session - 3

### **Resolving Conflict – Integrating Paradox**

*Identify emotions that create conflicts, apply early detection techniques. See demonstration and apply powerful conflict and paradox integration models that work.*

## Session - 4

### **The Trauma & Fear Cure**

*The phenomena of trauma. What is a trauma? Do I carry trauma? Understand the structure underneath anxiety, trauma, phobia and fear. Revert from “re-traumatizing”. Demonstration and application of a powerful model that rewinds traumatic experiences successfully*

**Assignment:** *Exchange Trauma & Fear Cure sessions.*

# Day Five: The Five Keys for Emotional Intelligence

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## Session – 1

### **Emotions & Time**

*The ability to access three structure of time according to emotions. The Time Matrix. Build External Focus and the Now. Project and create desired futures.*

*Learn language patterns to leave the past in the past and build positive futures.*

## Session - 2

### **Your Evolved You**

*Design and physically build s desired emotionally healthy YOU. Strengthen application for future use. Demonstrate connection to your Evolved You.*

## Session - 3

### **The Five Keys for Emotional Intelligence**

*Apply the 5 Keys for five different daily case personal or professional case scenarios. Receive five times positive feedback. Apply learned skills in personal and professional interactions and in situations of life.*

### **The Stockholm syndrome, Emotional Enmeshment, Addiction and Compulsion**

*Introduction to the 5-day “Master of Emotional Intelligence Pogram”*

## Session - 4

### **Setting Outcomes for Increasing your Emotional Intelligence Quotient (EQ)**

*Second EQ test evaluation*

*Compare your scores to your scores of Day One.*

*Set outcomes and steps for continuing and implementing Emotional Intelligence in your life. Project and experience your emotional intelligent future.*

*Practical assignments for continuing the emotional intelligence process*

### **Laugther Yoga**

**5:00 pm – 5:30 pm Certification Celebration**