



# DISAWORK

Development and Implementation of a Social Emotional Approach to the Workplace

November 2022

## EIW. Emotional Intelligence in the Workplace - Training System

EI has become a hot topic in terms of leadership traits. But it has become relevant for every person inside the organization or company to smooth the collaboration and build a peaceful work environment.

During these months, the six partners from five different countries across the EU have worked together to identify 10 crucial skills belonging to Emotional Intelligence.

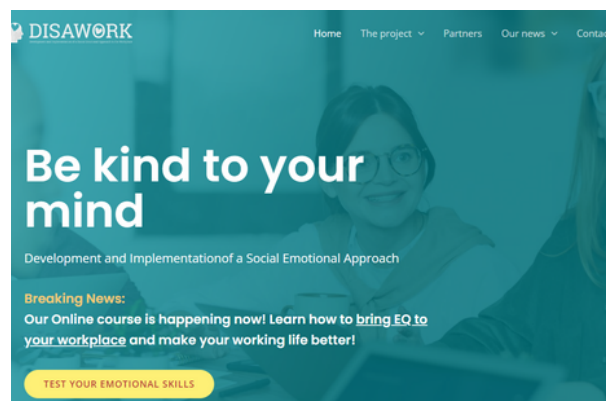
The project DISAWORK and its partnership have successfully developed and carried out the DISAWORK second project result.

### The 10 skills

Emotional Intelligence is the ability to recognize, understand and manage our emotions as well as those of others. It covers four areas:

- 1) Self-Management;
- 2) Self-Awareness;
- 3) Social awareness;
- 4) Relationship Management.

Leaders who are emotionally intelligent foster safe environments, where employees feel comfortable taking calculated risks and voicing their opinions.



Among the skills there are:

- Emotional Intelligence
- Empathy
- Managing resistance to change
- Self-control;
- Problem solving in complex situations;
- Critical Thinking;
- Judgement and decision-making skills;
- Assertiveness;
- Communication and negotiation skills;
- People management.

### PROJECT PARTNERSHIP



### CONTACTS

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# The Structure of the Training Programme

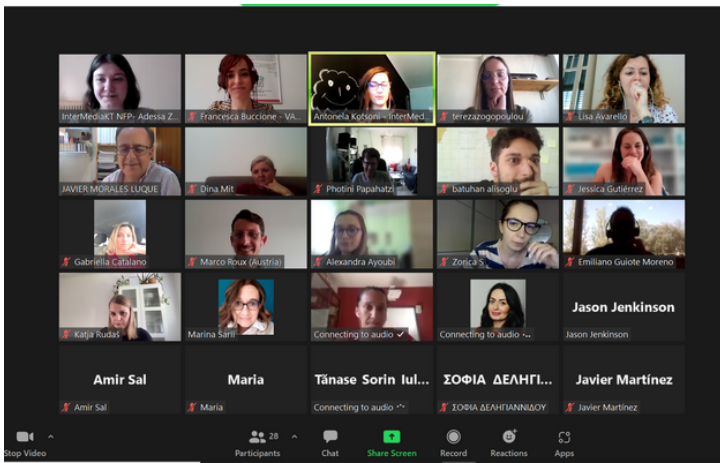
The Online Platform provides users with 30 hours of training on emotional intelligence for the workplace, both for managers and employees.

The result foresaw an:

- *Asynchronous learning* = 30 hours
- *Synchronous learning* = 5 webinars of one-hour

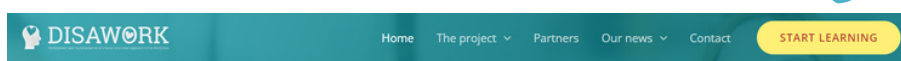
The webinars covered 5 areas:

- 1 - Critical Thinking & Problem Solving
- 2 - Empathy & Emotional Intelligence
- 3 - Judgment and Decision Making & Assertiveness
- 4 - Communication and Negotiation Skills & People Management
- 5 - Self Control & Managing Resistance to Change

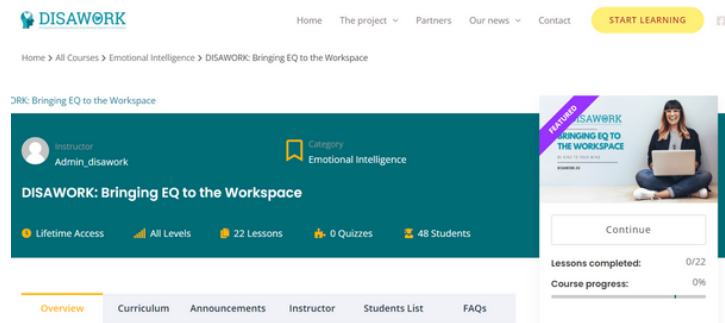


## The online platform:

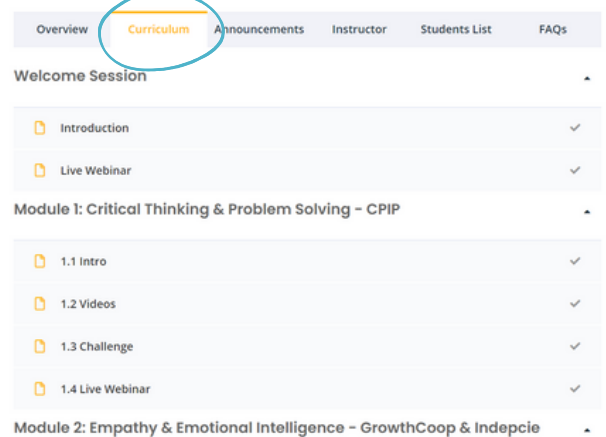
You can access all the materials of the Training, by accessing the website (<https://disawork.eu/>) and creating an account in the "Start Learning" section.



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1. Register to the Platform <https://disawork.eu/> and create an account.
2. Attend 22 lessons to master your knowledge of EI.
3. Assess your improvements through a dynamic and interactive platform



In the section "Curriculum", the user can access the Introduction to the Training and the 5 modules, subdivided in 4 sections.

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