Course Name	–	**ADVANCED TRAINING IN APPLIED EMOTIONAL INTELLIGENCE (CN 059)**
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/hd/hr/training/education)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
05901 – EMOTIONAL INTELLIGENCE	Foundations of emotional awareness, regulation, and interpersonal effectiveness.
05902 – APPLIED EMOTIONAL INTELLIGENCE	Practical use of EI in personal, professional, and social contexts.
05903 – EMOTIONAL AGILITY	Developing flexibility in responding to emotions constructively.
05904 – EMOTIONAL GROWTH AND LEARNING	Strategies to nurture emotional development and lifelong learning.
05905 – EMOTIONAL FIRST AID	Immediate support for handling emotional distress and crises.
05906 – EMOTIONAL INTELLIGENCE ACTIVITIES	Interactive exercises to build emotional skills and self-awareness.
05907 – EMOTIONAL INTELLIGENCE COACHING	Coaching techniques to enhance emotional competencies in individuals.
05908 – EMOTIONAL INTELLIGENCE STRATEGIES - I	Core strategies to improve self-awareness and emotion regulation
05909 – EMOTIONAL INTELLIGENCE STRATEGIES - II	Advanced strategies for empathy, relationship management, and leadership.
05910 – EMOTION FOCUSED THERAPY	Therapeutic approaches for healing through emotional awareness and processing.
05911 – EMOTIONAL INTELLIGENCE COMPETENCIES	Building key competencies like self-control, motivation, empathy, and resilience.
05912 – EMOTION CENTRED PROBLEM-SOLVING THERAPY	Problem-solving methods grounded in emotional understanding and regulation.

COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹11,600**	**$280**
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹24,600**	**$610**

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in