

Course Code	Course Name	Credits
26EN955	INTERPERSONAL SKILLS AND EMOTIONAL INTELLIGENCE	02

Course Description

This course is designed to develop a personalized EI action plan, equipped to thrive in group projects, presentations, mentorship roles, and beyond

Course Objectives

- Understand the importance of interpersonal skills and emotional intelligence in personal and professional life.
- Develop effective communication and relationship-building skills.
- Recognize and manage emotions to improve decision-making and teamwork.

Skill Enhancement Outcomes

Upon successful completion of this course, the learner will be able to:

- Identify and apply key components of emotional intelligence (self-awareness, self-regulation, empathy, social skills).
- Demonstrate effective communication skills (verbal and non-verbal).
- Build and maintain positive relationships through active listening and conflict resolution.

Course Content and Practical Training

- Interactive Quiz & Group Brainstorm: Start with a 20-minute EI self-assessment quiz (use free tools like the 25-question Emotional Intelligence Appraisal). Follow with small-group brainstorming
- Case Study Role-Play & Reflection Journal: Present 2-3 real-life scenarios (e.g., handling a team conflict at work or family argument). Pairs role-play responses with/without EI, then journal personal/professional impacts. Group share-out.
- Emotion Wheel Mapping & Daily Log: Use an emotion wheel (visual chart of 100+ feelings) for participants to map a recent emotional event. Track via a 1-week log (assign pre-session). Discuss patterns in pairs.
- Empathy Interviews & Role Reversal: Pair interviews: One shares a challenge; the other paraphrases from their viewpoint. Switch to role-reversal skits (e.g., boss-employee dispute).
- Listening Triads & Mirror Drills: Triads practice active listening (speaker, listener, observer). Follow with non-verbal mirrors: Pairs mimic body language/gestures without words. Video record for review.
- Trust-Building Games & Networking Simulation: Play games like "Two Truths and a Lie" or human knot. Culminate in mock networking events (e.g., speed-meeting strangers). End with rapport-building commitments (e.g., follow-up emails).
- Recognizing Strengths and Weaknesses: In triads, give/receive peer feedback on EI strengths/weaknesses. Create personal SWOT charts (Strengths, Weaknesses, Opportunities, Threats). Materials: Feedback templates, chart paper. Outcome: Honest self-view with actionable insights.
- Mindfulness Drills & Trigger Simulation: Practice 10-minute techniques like box breathing or progressive muscle relaxation. Simulate stressors (e.g., timed puzzles), apply techniques, and reflect. Materials: Guided audio tracks, timers. Outcome: Practical tools for real-time emotion control.

Learning Outcome

At the end of the course, learners will be able to build-up their professional skills which boost their employability.