

THE ISLAND OF EMOTIONS

Trainer/Speaker: Pedro Luis Picazo

Duration of the course: one week, Monday to Friday, 30 hours

Number of participants: Min. 6 - Max. 20

Course location: Tenerife (Spain)

Course language: spanish

DESCRIPTION

The island of emotions": A course to acquire motivational skills and promote self-knowledge, emotional management, self-care and self-motivation in a very practical and creative way, always from personal experience and reality.

Work and practice Emotional Intelligence skills personally and, once internalised, take them to the school environment. Nobody gives what they don't have, emotionally, nobody teaches what they don't live. Teachers and staff working with children, adolescents, young people or groups of adults need practical tools to work with emotions and apply them in the different areas of their work.

For this reason, emotions guide us when making decisions. Therefore, we have to train ourselves to adapt what we feel to the circumstances without allowing ourselves to be manipulated by the world.

Emotions are what they are: fear, anger, disgust, sadness, joy and surprise, we feel them and live them innately and naturally to adapt to the circumstances. It is about learning to BE.

Working with the tools of EMOTIONAL INTELLIGENCE to acquire the necessary skills to bring them to life and to the educational environment.

What is Emotional Intelligence? Emotional Intelligence is the ability to recognise, accept, use and express one's own emotions and those of others to express one's own emotions and those of others for adaptive purposes, that is, the ability to reason with emotions, decide with emotions and work with emotions.



Through Emotional Intelligence and its development, we can begin a path of self-knowledge and thus open ourselves to others through empathy, creating the basic link for pedagogical and educational work. Self-knowledge is the basis of the whole process of development of our being and from there we will build our life. Focus on the educator's self-care in order to develop skills that favour personal well-being.

LEARNING OUTCOMES

- To understand the concept of Emotional Intelligence, its skills and competences. To value the importance of being emotionally intelligent and its multiple personal, educational and work-related benefits.

- To provide the educator with tools for self-care, self-knowledge and self-motivation to achieve success in the short, medium and long term, in the short, medium and long term, both personally and professionally. To provide self-care, self-knowledge and self-motivation tools to the educator to achieve short, medium and long term success both personally and professionally.

- Transferring Emotional Intelligence skills and their practice transferring Emotional Intelligence skills and their practice in personal and educational life in order to know how to relate, coexist and share life with others. others.

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PROGRAM

MONDAY

Presentation of the Schools
Intelligence and Emotional Intelligence.
Emotions and feelings.
Self-knowledge, self-concept and
self-esteem.
Self-care.
Who am I? How am I?

TUESDAY

Emotion management.
Relaxation and concentration and feelings
diary.
Feelings diary. What do I do?

WEDNESDAY

Self-motivation and self-care: How do I do
it? What do I do it for?

THURSDAY

Empathy: Being with others.
Who am I with?

FRIDAY

Social skills: How am I with others?

SATURDAY

Cultural Day and Visit
Practical application: What now?



PEDRO LUIS PICAZO GÓMEZ, teacher in Secondary Education since 1991 in public schools in the Peninsula and in the Canary Islands, always concerned about applying new techniques, methodologies and resources to achieve the integral formation of the students. He has a degree in Dramatic Art and Religious Sciences, a Master's degree in Educational Coaching and is an expert in Emotional Intelligence. Personal and emotional coach. An innovator by nature, he is constantly working with students and teachers in the field of training in Emotional Intelligence and positive psychology.

Trainer of trainers, speaker at the Canary Islands Regional Ministry and at CEP in other Autonomous Regions. Author of the project "Emociones creativas" by PPC Editorial which consists of three manuals: "Emociones creativas", "Más emociones creativas" and "Cuando las emociones se hacen creativas" published in Spain, Argentina and Colombia. And "Aprendiendo a sentir" by PPC Editorial, a manual on emotional awareness for pre-adolescents and adolescents.