DARWIN PSYCHOLOGY CENTRE
DPC
People matter

in collaboration with

BLUE NILE
COUNSELLING | LIFE SKILLS | CAREER GUIDANCE

DIPLOMA IN LIFE SKILLS & EMOTIONAL INTELLIGENCE

Being emotionally intelligent is vital to lead a healthy and harmonious life in today's world. It means having the life skills to understand ourselves, learn how to handle emotions in a mature way, understand others, and help them handle their emotions.

This course will focus on the practical aspects of learning life skills and understanding emotional intelligence (EI). It is ideal for:

- Parents who wish to bring up emotionally intelligent children
- School or college counsellors who want to upskill
- Trainers looking to expand their knowledge and content base
- People who want to learn the basics to explore opportunities as life skills trainers or EI coaches

COURSE HIGHLIGHTS

- 6-month course
- Weekly online classes
- One-on-one mentor support
- Assignment-based evaluation
- Extra sessions to polish presentation skills

COURSE CONTENT

Module 1: Understanding Life Skills

- Introduction
- Self Awareness
- Critical Thinking
- Creative Thinking
- Problem Solving
- Decision Making
- Coping with Emotions
- Coping with Stress
- Empathy
- Communication Skills
- Interpersonal Skills

Module 2: Emotional Intelligence and Training

- Emotional Intelligence
- Motivation
- Conflict Resolutions
- Persuasion & Influence
- Boundaries
- Story Telling
- Anger Management
- Assessments
- Teaching Life Skills to Others
- Skills of Discretion
- Assertiveness
- Parenting with EI

POLISH YOUR PRESENTATION SKILLS

In addition to the weekly classes, we will also arrange special online sessions where participants will make presentations on different topics, ranging from 5 minutes to 15 minutes each, and get extensive feedback after every session.

This exercise will help you polish your training and presentations skills, especially if you are interested in becoming a trainer or a coach.

NOTE: Many assignments will require participants to meet children/ adults in their environment, speak to them on specific issues and submit their reports. There will be five assignments in the course.

TEAM

PROGRAM DIRECTORS

Sreedhar Mandyam is the Course Director and Principal Faculty of this program. He is the Director of the Darwin Psychology Centre and an active counsellor, having taught for 10 years and designed many courses.

Sadiqa Patel is the Founder and Director of Blue Nile. She is an active psychologist, offering counselling, psychological evaluations, as well as career assessments and guidance.

SOME SESSION SPEAKERS

Dr Shobha is an educator, counsellor, nutritionist, and a life skills and wellness coach.

Dr Bhavani J is a certified life skills trainer, a counsellor, and a teacher of Counselling Psychology for over a decade.

Eshwar Sundaresan is a published author, ghost writer, life skills trainer, and counsellor.

Amita Mani is a counsellor and trainer with over 2 decades of experience.

Preeja Sreedhar is a passionate Corporate Trainer who comes with an experience of two decades.

Jennifer Tavares is a counsellor, trainer, and a special educator who runs her own academy.

COURSE DETAILS

SCHEDULE

The course will start on **20 February 2023** and conclude in July 2023.

The weekly sessions are scheduled **every Monday, from 11 AM to 1 PM.**

ADMISSION CRITERIA

- Anyone above 18 years
- Working knowledge of English to follow the course
- Basic computer skills to manage online learning

Life Skills Trainers and EI Coaches are hired by private training organizations who, in turn, enter into contracts with schools, colleges, and corporates to train participants. Aside from a full-time position, you can become freelance a trainer and offer courses and workshops independently.

COURSE FEE

Rs. 35,000

(To be paid in full prior to the course)

Refund: We only offer a refund before the course begins, after deducting Rs. 1,000 as administrative fees. No refund will be given once the course begins.

Instalment: Students can pay in three parts –

- 1st instalment at admission: Rs. 16,000
- 2nd instalment by 20 March: Rs. 10,000
- 3rd instalment by 20 April: Rs. 10,000

REGISTER NOW

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Sreedhar: 8310819029

www.bluenilecounselling.com
www.darwinpsychologycentre.com

ADMISSION CLOSES – 18 FEBRUARY 2023