



Become an Emotional Intelligence Expert in Your Profession

Professional Certification Training offered through ISEI (International Society for Emotional Intelligence)

Level I - Introductory certificate: Emotional Intelligence Foundations (6 Hours)

Level II - Advanced certificate: Emotional Intelligence Interventions (15 hours)

The certification training teaches theoretical concepts of Emotional Intelligence together with empirically proven strategies for handling emotions effectively. It includes experiential lab training in emotional awareness and provides opportunities to practice different EI strategies in real-life situations. As a result participants will be able to develop their own Emotional Intelligence and practice using EI-interventions in their work.

The training is designed for those with basic or advanced knowledge in Emotional Intelligence who are keen to know the science behind this concept and also to enlarge their toolbox. This training is particularly valuable for professionals in the fields of:

- Education
- Counseling, therapy and clinical psychology
- Organizational consultation and coaching
- Management and leadership

However, the theoretical and practical knowledge gained through the certification training can be valuable for people in all fields and positions who are eager to understand and harness the power of emotions.

Level I - Introduction program covers the foundations of Emotional Intelligence and includes these modules:

- A. History, development and current issues of EI
- B. Developing EI abilities

Level II - Advanced program focuses on Emotional Intelligence assessments and interventions. It includes these modules:

- C. Lab in emotional awareness training 1
- D. EI assessment methods
- E. EI strategies (general & discipline-specific)
- F. Lab in emotional awareness training 2

Meet the trainer

This training is conducted on behalf of the ISEI by Marina Riedi, national ISEI coordinator for Switzerland. She is the founder of the company EQ Power, which provides assessments, trainings and coaching in Emotional Intelligence. More about Marina Riedi here: <https://eq-power.ch/about/> or <https://www.linkedin.com/in/marinriedi/>.

Dates and prices

For details about dates, venue and prices, visit:

- www.emotionalintelligencesociety.org, or
- www.eqpower.ch

Now in Switzerland conducted by




Level I - Introductory certification Emotional Intelligence foundations (6 hours)

A. History, development and current issues of EI

This class reviews the history and evolution of the concepts and presents the major models (abilities, traits & competencies). Current challenges with conceptualization and measurement are discussed. In this module participants are introduced to:

- Psychophysiological model of emotional construction:
 - Physiological systems
 - Cognitive systems
 - Social systems
 - Behavioral systems
- EI models:
 - Mayer & Salovey model
 - EQ-i 2.0 model
 - Daniel Goleman's model
- Measurement methods:
 - Performance (abilities): Mayer-Salovey-Caruso EI Test (MSCEIT)
 - Self-report (traits): Emotional Quotient Inventory (EQi)
 - 360 reports (competencies)
- Current issues and developments

B. Developing EI abilities

This experiential lab class explores all four areas of the Mayer-Salovey ability model. Participants engage in experiential activities aimed at teaching and developing:

- emotional perception
- emotional facilitation of thinking
- emotional knowledge
- regulation of emotions

Development of these abilities will serve as a foundation for personal growth as well as for implementing EI strategies in professional settings.

Level II - Advanced certification Emotional Intelligence interventions (15 hours)

C. Lab in emotional awareness training 1

This experiential lab class will involve interactive and interpersonal activities aimed at developing each participant's EI. Participants will examine their personal reactions and emotional states in order to understand how emotions function. Our use of emotional information in professional settings will be explored. Each participant will develop strategies to effectively gauge and use his or her emotions in professional interventions.

These are the assessments used in the emotional awareness training 1:

- LEAS - Levels of Emotional Awareness Scale (scoring and interpretation)
- MEIS - Multifactoral Emotional Intelligence Scale (first performance measure)
- Schutte AES - Assessing Emotions Scale (self-report based on 4 abilities)
- TMMS - Traut Meta-Mood Scale (self-report on emotional regulation process)

D. EI assessment methods

This class will explore the use of EI assessment tools. Participants will administer the MSCEIT and other EI assessments (prior to the class) and use the results to better understand their own EI. There will be a review and discussion of assessment principles in general and EI assessment in particular.

Participants will become familiar with the major EI assessment methods and learn to incorporate an emotional lens in their assessment and evaluation procedures when working with individuals, groups and systems. [Note: This workshop does not certify participants for formal administration of the MSCEIT, EQi or ECI. Formal training of these instruments must be obtained through the respective authors or publishers].



D. EI assessment methods (continued)

As part of the advanced certification program participants conduct the MSCEIT™ – Mayer-Salovey-Caruso Emotional Intelligence Test, which tests the respondent's ability to perceive, use, understand and regulate emotions.



Developed by researchers at Yale University and the University of New Hampshire, and published by Multi-Health Systems Inc., the MSCEIT™ stands out as a rigorously scientific measure. It consists of 141 questions requiring participants to perform a variety of tasks that engage the ability:

- to identify emotions expressed by a face or in a design;
- to create feelings that can help solve problems, communicate a vision, or lead people;
- to predict how someone will react emotionally, and
- to enhance decision making by integrating thought and emotion.

Approximately 2 hours outside of the advanced certification workshop are allocated to the MSCEIT for participants to:

- Complete the online questionnaire
- Read through the MSCEIT report
- Debrief the result with a trainer.

E. EI strategies (general & discipline-specific)

This class covers general principles and strategies for using EI-based interventions in professional settings. In small groups, participants will learn and develop specific strategies applicable to their own type of setting (educational, clinical, organizational). Case studies will be used, and participants will analyze scenarios and apply assessments and strategies learned in previous classes.

F. Lab in emotional awareness training 2

This class will continue the interpersonal and group development through activities focused on the experience of emotional processes.

- EI interventions based on abilities:
 - Emotional facilitation
 - Positive reframing
 - Using emotional knowledge
 - Reflective regulation of emotions
- EI interventions based on the psychophysiological model:
 - Physiological systems
 - Cognitive systems
 - Social systems
 - Behavioral systems

G. Developing and implementing an EI intervention plan

Participants will work individually and in small groups to each develop a specific intervention plan for their discipline. Plans will be aimed at facilitating positive changes using EI principles and will incorporate empirically grounded methods.



About the International Society for Emotional Intelligence

Mission

The International Society for Emotional Intelligence, Inc. (ISEI) is a non-profit educational organization that supports and encourages the advancement of Emotional Intelligence (EI) theory, research and professional practice.

The society focuses on scientifically based approaches to applying EI and related emotion theories to various professional areas (such as organizations, business, education, medicine, therapy, and assessment).

ISEI provides education and disseminates information to the professional community through conferences, workshops, publications and networking. Through membership in the society researchers, scholars and practitioners can foster and create international and intercultural collaborations dedicated to advancing the field of Emotional Intelligence and its impact on creating more caring, responsible citizens of our global society.

The purpose of the Society is to support the international congresses every two years, conduct regional conferences and events, disseminate information through periodic newsletters, conduct educational workshops and professional training certification, establish a professional peer reviewed journal, and provide opportunities for networking and international collaboration. This ongoing work will allow for continued and improved research in EI across cultures and countries as well as the application of EI principles in various fields.

ISEI can also serve as a resource for various governments, organizations or other institutions that wish to apply Emotional Intelligence in order to improve human conditions and social systems, and to increase individual and social well-being of constituents.

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