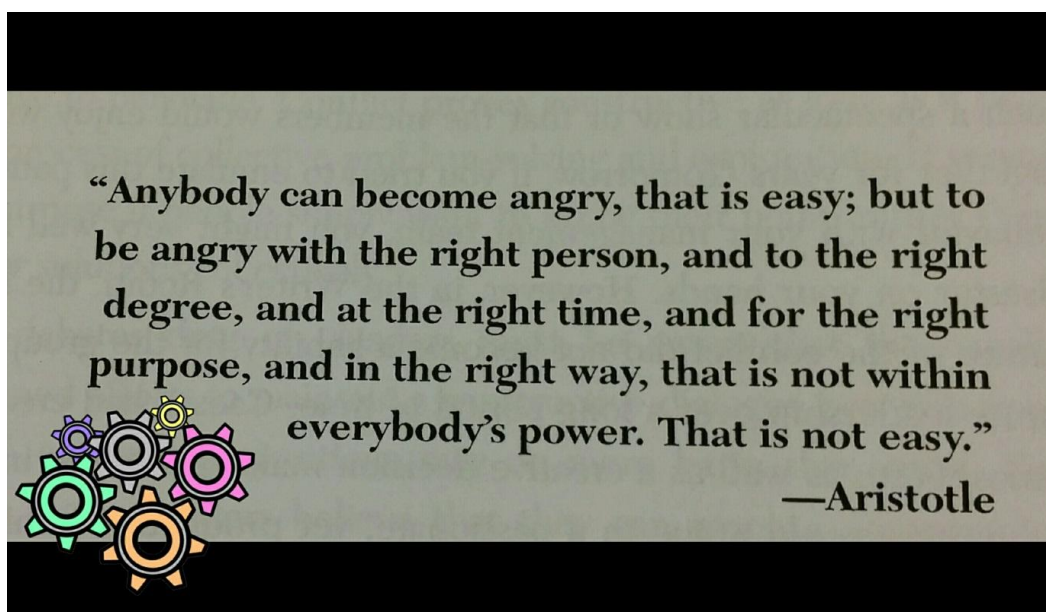


Emotions Explained: Course Overview



Welcome

Welcome to the first ever online emotional intelligence course designed specifically to be Autism friendly! That means that if there is anything I can do to make it more accessible for you, please ask!

Objectives

The aim of this course is to help learners to navigate and engage with the core components of emotional intelligence in an autism friendly and sensitive environment.

Course Structure

This course consists of:

- Live interactive webinars
- Regular emails with worksheets and study material
- Links to further reading / videos online
- Opportunity to ask questions via email at any time



There will be 5 live interactive webinars spanning over 4 weeks. In between webinars, you will be emailed some worksheets and study material to read and complete in your own time. Study material will include diagrams and links to further reading/videos. If you have any questions throughout the course, you can email me. I will either respond directly via email or answer it for everyone at the next webinar.

Webinar Format:

Webinars will be run weekly, 8:30am on Sunday Melbourne time (9:30pm on Saturday GMT).

They consist of two 30 min sessions with a ten minute break in the middle.

8:30 am – Arrive and Welcome – 10 mins

We want to make sure everyone has time to arrive and sort out their technology.
It gives us a chance to say hello and settle in before jumping into the content.

8:40 – Overview of Course Material (recorded) – 30 mins

Course material will be emailed throughout the week for self-guided study.
This time will be used to revisit the last week's material verbally.

9:10 – Break – 10 mins

To allow for processing time we all take a short break before jumping into questions
Use this break to get a cup of tea, walk around, review your notes, etc...

9:20 – Question and Answer (recorded) – 30 mins

This second half is 100% interactive.
There is no new content, instead we discuss and explore what we've already learned
Questions may be asked in writing (chat), verbally, or via email (prior to webinar).

9:50 – Close – 10 mins

The official webinar is finished.
We each say goodbye and log off in our own time.

10:00 – Webinar Ended

Webinar Modules

Date	Topic
21/1	1. Introduction / Overview
28/1	2. Self-Awareness
4/2	3. Emotional Regulation
11/2	4. Social Awareness
18/2 *	5. Relationship Management & Course Summary