

EMOTIONAL INTELLIGENCE
SERIES

About Me For Young Adults



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Duration: 1 x 3 Hour session
Investment: 1595 PLN (includes course material and certificate)
Delivery: Via Zoom

Please contact us for registration details, upcoming course dates, and any questions you may have.

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"This course is mandatory for anyone who wants to improve both personal and professional relationships.

By learning about ourselves, we improve the way we act towards others. Richard helps us understand ourselves and look at our own issues in a positive way. It is a life changing experience!" Maria C.

"Richard is an absolute gem! Enjoyed every minute of the course. Time flew by - I look forward to attending future events." Teresa B.

"I find Richard to be incredibly knowledgeable and he creates a learning environment that is comfortable and easy to engage in. I would highly recommend this course." Amy E.

Course Introduction

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." Lao Tzu

If you are 16 to 30 years old, About Me For Young Adults is designed to help you understand your own dominant personality type and personality traits so that you know how you prefer to think, communicate, solve problems and make decisions.

When you attend this course you will also discover your unique mix of intelligences as defined by Harvard Professor Howard Gardner.

When you add knowledge about how you like to give and receive love based on Gary Chapman's Five Love Languages you will have answered one of the biggest questions we all have in life, "Who am I? "

Understanding yourself on this level you will be able to make career and relationship choices based on your own interests, strengths and preferences.

You will also be able to accommodate and understand others without prejudice or misunderstanding and know how to communicate with others and collaborate in a far more intelligent and effective way.

Before you attend your session, you will receive a short booklet of knowledge and complete 3 revealing quizzes which unlock your personality traits, dominant intelligence and preferred love language so that you can go forward in your life with real self-knowledge.

See overleaf for course breakdown.

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Course Breakdown

MODULE ONE

- Discover if you are an analyser, organiser, sensor or explorer or a combination of these four personality types
- Understand what these personality types expect and enjoy at work and at home
- Learn how these personality types like to receive information, communicate, solve problems and make decisions
- Discover the OCEAN personality trait model and take a simple preference test to uncover your own tendencies to be open, conscientious, extroverted, agreeable or neurotic

MODULE TWO

- Discover the compelling theory of Multiple Intelligence as defined by Harvard Professor, Howard Gardner
- Get to know yourself better by taking a simple preference test to see which of the following types of intelligence are dominant in your own unique way of thinking: linguistic intelligence, logical-mathematical intelligence, spatial intelligence, bodily-kinesthetic intelligence, musical intelligence, interpersonal intelligence, intra personal intelligence and naturalist intelligence

MODULE THREE

- Find out how you like to give and receive love based on Gary Chapman's book, The Five Languages of Love
- Find out whether you prefer quality time, words of affirmation, physical touch, acts of service or receiving gifts or a combination of these
- Discover what your loved ones prefer so that you can build relationships that last a lifetime
- Finish the programme by completing a power profile of yourself which will help you to make the important choices you need to make as a young adult

"Content is powerful, informative and enlightening. The enthusiastic manner in which it was delivered lifted it to a higher dimension. It is essential that every staff member is exposed to this to improve their lives in every aspect."
Scarlett E.