

Emotional Intelligence

Master your mind, elevate your relationships, and unlock your full potential

A practical journey from self-awareness to meaningful connection. Learn to manage your emotions, relate better with others, and transform challenges into opportunities for growth.

6 modules

What you'll learn

- ✓ Identify and regulate your emotions to reduce stress
- ✓ Build deeper connections through empathy and clear communication
- ✓ Navigate conflicts constructively and adopt a growth mindset

Syllabus

1 Know yourself

Name emotions Manage stress

2 Relate better

Empathy Communication

3 Grow

Conflicts Mindset

Who is it for?

Professionals, leaders, and anyone seeking to improve their emotional intelligence and personal growth.

Start today at capacita.paulovila.org

Capacita · Study better, work better.