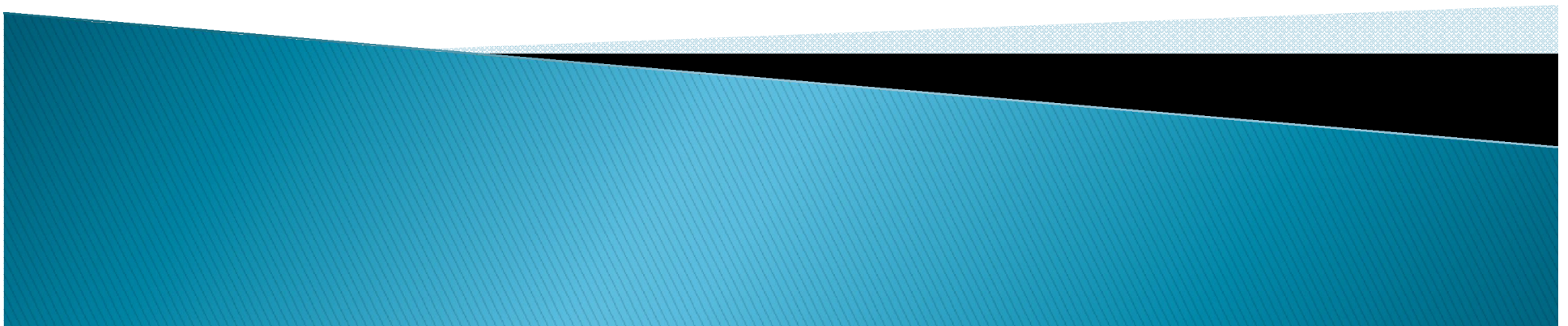
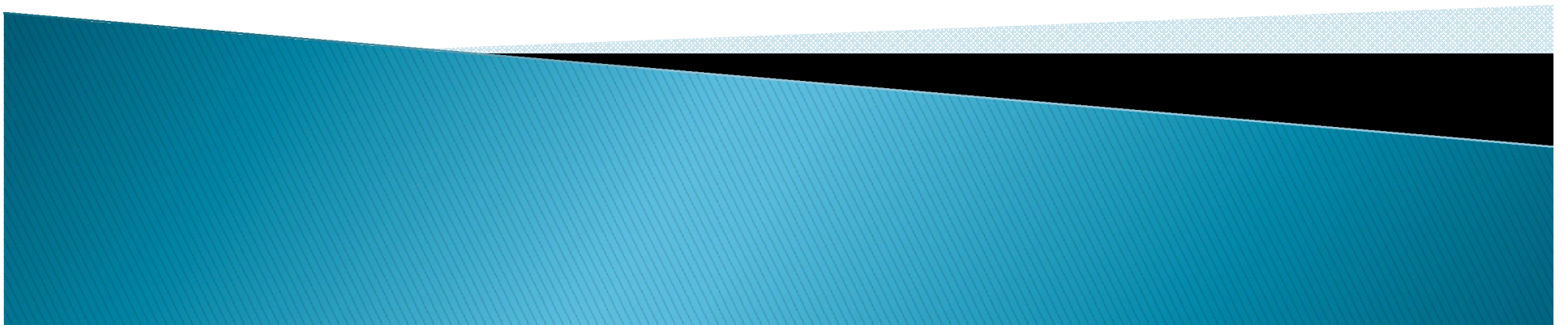


**Armando D. Meza M.D.**  
**Associate Professor of**  
**Medicine**  
**Associate Dean for GME**  
**TTUHSC-PLFSOM**

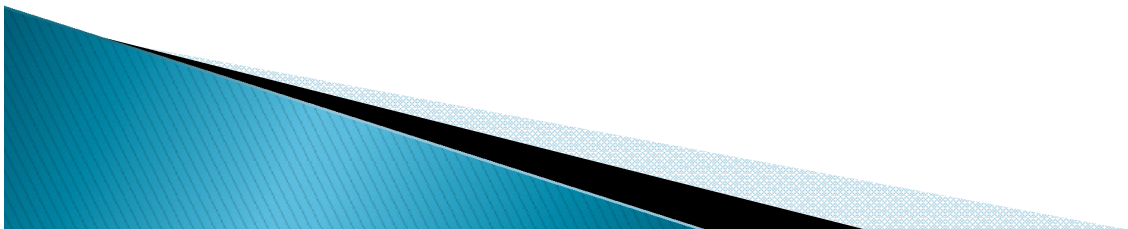


# Emotional Intelligence



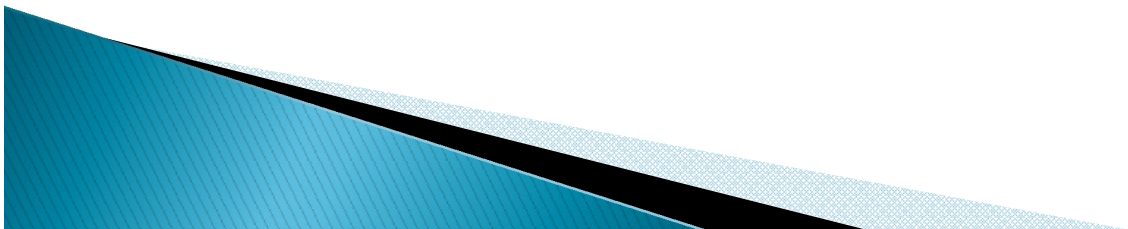
# Format of the Course

- Based on the book by Daniel Goleman.
- For personal development purposes.
- Modules containing the main topics described in the book.
- Length of modules is less than 30 minutes.
- At your own pace.
- No quiz.
- No CME credit.



# Contents

- 1) The Emotional Brain
- 2) The Nature of Emotional Intelligence
- 3) Emotional Intelligence Applied
- 4) Windows of Opportunity
- 5) Emotional Literacy



Enjoy!

