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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!