

CERT · EI FOUNDATIONS

Emotional Intelligence Foundations Certificate Program

Learn the skill that shapes every relationship, decision, and success story.

Understand Yourself. Connect with Others. Lead with Emotional Intelligence.

DURATION	SESSIONS	FORMAT
30 hours	Modular cohort · paced delivery	Live Online · In-Person · Corporate · Weekend batches

INVESTMENT

+ applicable taxes (GST)

Who this program is for

- Students and young adults
- Parents and caregivers
- Teachers and educators
- Coaches and aspiring coaches
- HR and people professionals
- Leaders and managers
- Counsellors and helping professionals
- Anyone seeking personal growth and emotional mastery

No prior experience is required.

Curriculum

Ten focused modules — practical, reflective, and rooted in evidence.

Module	Key topics
01 Introduction to Emotional Intelligence	What is EI · Why EI matters · The five core competencies · Self-assessment
02 Self-Awareness	Understanding emotions · Emotional triggers · Thoughts, feelings, behaviours · Personal patterns
03 Emotional Literacy	Expanding emotional vocabulary · Emotional messages · Needs and values
04 Emotional Regulation	Managing reactions · Stress management · Resilience · Responding vs reacting
05 Empathy & Human Connection	Perspective taking · Compassion · Emotional attunement · Understanding others
06 Communication Skills	Active listening · Assertive communication · Emotional expression · Difficult conversations
07 Relationships & Trust	Healthy relationships · Trust & psychological safety · Conflict management · Boundary setting
08 Resilience & Well-Being	Growth mindset · Self-compassion · Managing setbacks · Emotional resilience
09 EI in Leadership	Influence and leadership · EI at work · Team relationships · Authentic leadership
10 Personal Growth Action Plan	Integrating learning · Building EI habits · Personal development roadmap

What you'll take with you

- ✓ Understand and manage emotions effectively
- ✓ Increase self-awareness and confidence
- ✓ Improve communication and listening skills
- ✓ Build healthier relationships
- ✓ Strengthen empathy and compassion
- ✓ Manage conflict constructively
- ✓ Develop emotional resilience
- ✓ Create a practical emotional growth plan

CERTIFICATION

Emotional Intelligence Foundations Certificate · The Self Academy

Awarded on successful completion of the program requirements.

Reserve your seat

Cohorts open quarterly. Seats are intentionally limited so groups remain intimate. To enrol or enquire about upcoming cohorts:

Email: connect@tsacoaching.com

Web: tsacoaching.com/contact

The Self Academy · Empowering Emotional Intelligence, Human Connectedness, and Personal Growth.