



## Emotional Health

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### Summary

This unit of study focusses on 'Emotional Intelligence'- the ability to recognise and interpret the meanings of emotions and their relationships, and to reason and problem-solve on the basis of them. 'Emotional literacy' involves the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them. It is the ability to recognise emotions, understand what they're telling you, and realise how emotions affect people around you. It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively. Emotions are a feedback system delivering information that drives behaviour and decisions. Emotional literacy is the capacity to access and interpret that data.

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### Duration

**8 hours**

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### Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Understand the dimensions of Emotional Intelligence; explore your own emotional intelligence
  2. Accurately identify and understand feelings/emotions; being aware of your values, beliefs, emotional states and recognise an emotion as it happens in order to better manage emotional states, reach goals and remain focused
  3. Work with and interpret Robert Plutchik's Wheel of Emotion in order to navigate varying intense feelings
  4. Apply consequential thinking
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### Assessment

This subject is assessed via the following:

- One online Quiz

Refer to assessment pack for full details

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### Pre-requisites

Nil

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### **Resources**

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

NCC is a Wi Fi friendly site. Students are encouraged to use laptops/notepads etc. with internet access for log in into e-Learning for resources.

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### **Compulsory Textbooks**

Nil

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### **Content**

- Emotions and emotional literacy
- The Emotion Wheel & Emotional intelligence
- The six principles of acceptance & commitment therapy (ACT)
- Fundamental relational components

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### **Certificate of Completion**

Participants receive a Certificate of Completion

\*If you are learning for personal growth you may elect not to participate in the assessment or receive a Certificate of Completion

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