**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **Emotional Action Plan**
3. Purpose:

* To raise personal Emotional Quotient (EI and SI)
* To become aware of Emotional and Social Intelligence importance in ones Personal, Social and Work Life

Duration/Time frame: 1 month (30 days)

1. Participants: n.a.
2. Group size: individual and/or small group
3. Material: paper, pencil
4. Methods: focused learning, discussion
5. Description:

Participants used the handout basis for concluding Pledge. Then followed by an action plan detailed in the section of the handout(s). Check personal progress in realtime and write down notes. After 4 weeks, or a month, followed by an overview of EQ skills achievements, one can plan a new cycle on the same principles and monitoring of personal EQ mentor (coach).

1. Advice for Trainer:

If the exercise will be conduct in a small group, then trainer should talk and help the participants to debrief what they learned and integrate, which parts still need to be improved, etc.

In this case it is important for trainer to have knowledge and skills in group dynamics.

1. Source/Literature: Sonja Bercko. 2011. Psycosocial Handbook. Integra Institute: Velenje. (Adapted from Emotional Intelligence 2.0. Bradberry & Greaves. 2009. Published by TalentSmart: San Diego, CA)
2. Handouts: Personal EQ Action Plan
3. Contributor (partner): Integra Institute (Sonja Bercko, psychosynthesis th. and NLP spec. practitioner)

**HANDOUT 1: PERSONAL EQ ACTION PLAN TEMPLATE / Emotional Intelligence 2.0 /stran 56**

**Part I: Beginning of the Journey**

**Date:**

**HANDOUT 2: PERSONAL EQ ACTION PLAN TEMPLATE**