

Understanding Ourselves, *Understanding Each Other*



An Emotional Intelligence Workshop for Everyday Life

A warm, practical, and research-based workshop for anyone who wants to better understand their emotions, communicate with more confidence, and build stronger relationships, at home, at work, and in their community.

WHY THIS WORKSHOP

Emotions shape everything, few of us were ever taught how they work

We learn mathematics, languages, and history at school. But almost no one teaches us how to understand our own emotions, how to stay calm in conflict, how to truly listen, or how to express what we feel without hurting others or ourselves.

Yet these skills — together called emotional intelligence — influence nearly every part of our lives: our relationships, our families, our friendships, our health, our confidence, and our sense of belonging in our communities.

The good news: emotional intelligence is not a talent you're born with or without. It is a set of skills anyone can learn, practise, and strengthen — at any age.

Decades of research show that emotional intelligence predicts life satisfaction, relationship quality, and resilience more strongly than IQ. And unlike IQ, it can grow throughout our whole lives.

WHO IT'S FOR

Everyone. Really.

This workshop is designed for the general community — no background in psychology, no professional context, no prior knowledge required. Just curiosity and a willingness to reflect. It is especially valuable for:

- Parents and caregivers who want to model healthy emotional habits at home
- Couples and families seeking better everyday communication
- Young adults navigating relationships, study, and first jobs
- Community volunteers, teachers, and neighbourhood leaders
- Anyone going through change — new city, new chapter, new challenge
- People who simply want to feel more at ease with themselves and others

DAY ONE · UNDERSTANDING OURSELVES

The Inner World: Making Sense of What We Feel

A gentle, practical introduction to how emotions work — where they come from, what they're telling us, and how to respond to them instead of being ruled by them.

09:30

90 min

OPENING

Session 1 · What Emotions Actually Are (and Why We Have Them)

- The science of emotions explained simply — no jargon, just clarity
- Why every emotion, even the uncomfortable ones, carries useful information
- The difference between feeling an emotion and acting on it
- Group activity: building our shared emotional vocabulary

11:30

90 min

PRACTICE

Session 2 · Self-Awareness — Learning to Notice What's Happening Inside

- Recognising your emotional patterns: what triggers you, and why
- The body knows first: physical signals of emotions we haven't yet named
- Practical exercise: the emotion check-in — a 2-minute daily habit
- Reflection in pairs: a recent moment when an emotion caught you by surprise

14:00

90 min

LEARN

Session 3 · Managing Difficult Emotions Without Suppressing Them

- Why 'just calm down' never works — and what does
- Simple, evidence-based techniques: breathing, naming, reframing, pausing
- Anger, anxiety, and sadness: understanding what each one needs
- Practice: the pause between feeling and reacting — your most powerful tool

16:00

90 min

SHARE

Session 4 · Self-Compassion — Being on Your Own Side

- Why we speak to ourselves more harshly than we would ever speak to a friend
- The difference between self-compassion and self-indulgence
- Exercise: rewriting your inner critic's script
- Closing circle: one insight from today each participant takes home

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