

Course Title

True Colors – How to read facial expressions?

What to expect

Emotional Skills and Competencies (EsaC), a Paul Ekman International certified course.

Overview

Track	Personal Advancement
Instructor	Jan Ženatý
Date	June 30 – July 1, 2021
Format	Two-day workshop
Delivery	On-site
Price	13,490 CZK
Academic credits	N/A
Pre-requisites	N/A
Language	English

Course Description

The Emotional Skills and Competencies course will give you the tools, techniques, and approaches to become the master of your emotions and ensure that they are working for you, and not against you. You will develop your behavior analysis abilities and enhance your skills in reading others through non-verbal cues.

You will learn how to use this advanced competency to gain deeper insights into the thoughts and feelings of those you interact with and aid you in building constructive and positive relationships.

The whole training is based on Paul Ekman's methodology. For more info visit www.paulekman.com.

Learning Outcomes

- You will understand the psychology of emotions: how they are triggered, how they affect your behavior, cognition and physiology of your body
- You will learn how to manage your behavior while affected with emotion (e.g. anger) and avoid regrettable episodes
- You will enhance your ability to spot reliable non-verbal clues of others' emotions: even subtle ones or those others are attempting to hide

Methodology

The workshop combines lecture sessions, discussions, model exercises and tests. It uses a lot of visual materials (photo- and video-analysis) to ensure practical and real-life-skills-oriented learning experience. You will experience training interrogation as an interrogator.

Schedule and Course Content

Outline				
Day 1 Content	Date	Time	Place	Duration
Emotional Intelligence Framework Types of primary emotions and how they affect cognition and behavior Emotional triggers and timeline of emotional reaction Emotional management strategies	June 30, 2021	9am - 5pm	AAU Classroom	8 hours
Day 2 Content	Date	Time	Place	Duration
Expressions of emotions in the human face (macro-, subtle- and microexpressions) Video analysis exercises Emotional conversation	July 1, 2021	9am - 5pm	AAU Classroom	8 hours
Materials	Handouts will be provided at the start of class.			
Lunch Break	Provided for all participants at Café des Taxis.			