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How to Use This EQ Self-Study Program



- Orientation: Direction to Get You Started
- How to Enhance What Enables Learning
- How to Reduce What Stifles Learning

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1 How to Use This EQ Self-Study Program

1A LESSON
Orientation: Direction to Get You Started



"Tell me and I forget. Teach me and I remember. Involve me and I learn."

Benjamin Franklin, 18th Century American scientist, inventor, statesman, printer, and philosopher. (1706 – 1790)

Welcome to our program!

1A

Improving your emotional intelligence (EI) is an ambitious and honorable behavioral initiative. Our particular EI program teaches you: 1. Valuable insight about the human mind, 2. How to get to know your own mind better, and 3. How to empower yourself to better manage your emotions and more wisely apply your mind. 4. How to develop more meaningful relationships.

Thank you for your interest and curiosity! The Emotional Intelligence Institute (EII), founded in 2001, is an independent 501c3 non-profit organization and is thus far a non-credited research and educational facility. It is not associated with any particular psychological, medical, political, religious, or research organization.

ABOUT OUR INSTITUTE'S PROGRAM

Please realize that no other educational endeavor can have such a profound impact on your life than better understanding your own mind. After decades of research, we have sorted through and narrowed your study to the most pertinent knowledge, and combined it with valuable activities and supplements for quickening your EQ growth.

Each lesson is designed for teaching you how to apply your most valuable resource — located right BEHIND your very eyes — in ways that will benefit most every aspect of your life. Our lessons define optimum ways to explore, better understand, and manage the human mind. Most lessons are short as well as easy to read and study; the activities and evaluations direct you through meaningful self-reflection and introspection. All were designed to accelerate your self-growth. By familiarizing yourself with the information we have provided and by mastering the skills we teach, your mind will no doubt grow psychologically wiser than you ever imagined possible!

Our Commitment

- Clearly explain the value/importance of better understanding.
- Cut-to-the-chase to furnish the most relevant knowledge.
- Provide easy-to-understand direction.
- Share necessary strategies and skills.
- Supply essential study/practice aids.
- Exhibit the highest level of credibility in our program and staff.
- Furnish as much of our program as possible for free.
- Build more behaviorally aware and emotionally intelligent minds.



These lessons instill a far better understanding of the motivational forces behind thoughts and actions, as well as quick ways to improve emotional development. Our material provides unique direction for practicing the concepts and ideals of emotional intelligence.

ABOUT OUR FOUNDER

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Our step-by-step approach is based on almost three decades of research by Sandra Hughes, our founder, to define healthy mind development criteria and the best process involved to attain greater advancement.

What you find compiled for FREE here represents Sandra's many years of efforts to guide and to help others in enhancing their emotional intelligence. Her wealth of study, in combination with the intense personal investigation of her own mind for 30 years, makes this program one of the most enlightening learning experiences of its kind.



Sandra displays a unique ability to cut-to-the-chase and organize the most relevant information to quicken the learning process. Historically in the 1970's, Sandra taught herself to sculpt and created a collection of historical ceramic dolls. She was soon commissioned to create one of her dolls for Elizabeth Taylor, the famous movie star.

In the 1980's Sandra quickly taught herself how to use the software that came with the newly introduced personal computers and developed training tools that were eventually included in the most popular software program packages. Her keyboard templates increased productivity and reduced the frustrations of computer novices around the world.

In the early 1990's Sandra sold her very successful computer business, allowing her ample time to explore better understanding of an even more sophisticated computing phenomenon — the human mind. She was motivated by a strong interest in improving her own emotional well-being, as well as dealing with others who exhibited disturbing dysfunction and mental illness.

In the early 2000's, Sandra took on a two-year part-time project related to her work that awarded her fair wages, and a $100,000 bonus upon completion. This program has been requested for review by US Secretary of Education, and Sandra's technique for managing anger is now being shared by a growing number of psychologists for helping to reduce patients' anger management issues. Sandra has proven her unique ability to quicken the learning process for developing a better understanding of the human mind.

"Computer training more quickly enhances our understanding and performance. Likewise, our minds also have many EQ capabilities that are not being applied because we just haven't received the necessary training."

YOUR COMMITMENT TO THE PROGRAM



As mentioned previously, emotional intelligence is crucial to your health and well-being, as well as to improve your relationship with the outside world. By gaining a better understanding, you will significantly broaden your perspective in managing and more wisely applying your mind. However, we understand that prioritizing the time to engage in more learning may be difficult amid a busy schedule. If allotting time is a challenge, an easy solution involves setting your alarm half an hour earlier in the morning. This slight change will create an additional 15 hours per month and over 200 hours a year toward further emotional growth.

Maximizing the benefits of this program requires an effort to complete each lesson, study the activities, and explore the supplements, as well as the resources suggested. Successful completion of each lesson should produce better understanding of the mind and foster healthier thought processing. Your commitment to the program should enable you to more wisely guide your emotions each day and help you to get the best out of life, emotionally.

IMPORTANT DIRECTION



Developing your emotional intelligence in ways that minimize difficulties, while maximizing the potential for healthy growth, should be any EI program's optimum goal. Our lessons instruct you in a manner similar to the way you were taught the infinite aspects of language and mathematics. Comparable to introducing one letter or number at a time, we have begun by explaining the simple, yet significant details, before advancing to the more comprehensive.

You will find that we have taken incremental steps to carefully guide you toward the broader spectrum of emotional intelligence and its higher levels of learning. Starting with Lesson 1B, sections within each lesson are recapped with a reminder paragraph noted in italics, and related inspirational quotes worth pondering are shared at the bottom of most pages.

Lesson groups are prioritized numerically. To ensure that you're working from an optimally educated standpoint, please read all lessons in the order presented.

To streamline your learning, we suggest the following:

1. Preview the lesson summaries, if you haven't already done so.
2. Read through Lesson 3D. Then go back and review each lesson a second time before performing the activities and quizzes at the end of each lesson.
3. Read through whatever other lessons are available. Again, we suggest that you review each lesson a second time before performing the activities and quizzes.
4. Progress at your own pace, reading the books and exploring the other resources suggested.
5. Be sure to also visit our web-site for other helpful EQ learning aids, including our EI Song and annual EI Awareness Month Campaign each October.



CORRESPONDENCE AND SUPPORT

Our public image is very important to us. Please know that we always welcome hearing from you with comments, suggestions, or questions. Just drop us an e-mail at EQlearning@proton.me.

As with any learning endeavor, those in most need are usually the ones who can least afford it. Knowing the importance of EQ training, we are providing lessons as free downloads to anyone, regardless of financial status. Of course, we would hope that after receiving the benefits of our program, students will make a donation and/or volunteer in some way to further our cause. Also, as a fundraiser, we have created a 90+ page Emotional Intelligence Activity Book for Kids (age 7-11) that is available at amazon.com for $14.95.

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All said, we believe that what you learn through our program will help you start viewing your mind in an entirely different perspective. As you build and apply EQ knowledge, you should gradually improve the use of your mind in a manner that is similar to the ways in which you may have become proficient with your computer.

Again, welcome to our program that is designed to help you better understand your mind in emotionally meaningful ways and, in turn, enable you to live a more emotionally enriched life.

Emotional Intelligence Institute

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Please Support our Efforts to Build a More Emotionally Educated, Kinder, and Safer World.

Free EQ Testing

- https://www.ihhp.com/free-eq-quiz/
- https://testyourself.psychtests.com/testid/3979
- https://www.queendom.com/
- https://sciences.ucf.edu/psychology/myemotions-hxus/

At the time this list was created, these tests were free.