

## Cultivating Emotional Intelligence: A Transformative Workshop Series for Learners



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This project explores the role of emotional intelligence (EI) in enhancing personal and professional outcomes among students. It aims to develop a structured workshop series targeting key dimensions of EI, including empathy, emotional understanding, self-awareness, emotional management, resilience, and decision-making. The effectiveness of the workshops will be evaluated using validated tools such as the Schutte Self-Report Emotional Intelligence Test (SSEIT) (Schutte et al., 1998), Situational Test of Emotional Understanding (STEU) (Allen et al., 2014), and Situational Test of Emotion Management (STEM) (Allen et al., 2015). This research contributes to the growing body of knowledge on EI by offering evidence-based strategies for students to improve emotional competency.

The significance of this research lies in its potential to bridge theoretical knowledge and practical application of EI. Emotional intelligence is increasingly recognized as a crucial factor in personal and professional success, impacting communication, teamwork, resilience, and decision-making (Rivers et al., 2013; Duncan et al., 2013; Berndt, 1999; Thomas, Cassady, and Heller, 2017; Fleshman and Rubino, 2002; Labby, Lunenburg and Slate, 2012; Kumar, Puranik and Sowmya, 2021; García-Martínez, Pérez-Navío, Pérez-Ferra and Quijano-López, 2021; Arora et al., 2010; Huhnet al., 202). By participating in these workshops, students are expected to enhance their self-regulation, resilience, and interpersonal skills, improving their performance in academic and professional settings. Expected outcomes include improved student performance, institutional advancement through the development of a scalable EI training model, and new research insights into EI development and application. This initiative offers a transformative learning experience that benefits individuals, educational institutions, and society.

### Biography:

Dr. Fatemeh Azizi is a registered Chartered Psychologist with extensive experience providing psychological support in the UK National Health Service. She earned her Graduate Diploma in Psychology in 2016, followed by a Doctorate in Psychology from Anglia Ruskin University. Currently serving as a Program Leader at Regent College, Dr. Azizi is a member of the British Psychological Society and a fellow of the European Group for the Study of Deviance and Social Control. Her research focuses on ethnic minorities and mental health, reflecting her commitment to advancing understanding and support for underrepresented groups in mental health care.