The Emotional Assertiveness Model;

Applied Emotional Intelligence



Trainer Certification Course

WELCOME

Welcome to TEAM Emotion, the home of the Emotional Assertiveness Model, a unique application of Emotional Intelligence.

This program is designed to build both knowledge and skills in Emotional Assertiveness. The training focuses upon understanding human behaviour and emotions in the context of self and others. In addition there is a place to experience its application, as opposed to just gaining a 'head knowledge' of the topic. This seminar provides participants with the necessary skills:

To acquire a working knowledge of the Emotional Assertiveness Model

To understand the mechanisms responsible for our emotional issues, failures, and difficulties in relationships

To improve our ability to listen to our emotions, to understand them, to anticipate their impact on our lives and on our health and wellbeing

To deal with our emotions in a healthy and authentic way

To improve our ability to build healthy, secure and meaningful bonds with others and improve our quality of life

To gain the four key qualities of emotional intelligence: Self-Awareness, Social-Awareness, Self-Management and Relationship-Management

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This seminar offers the means to empower leadership and develop self-confidence in any field; e.g. leadership in professional environments, as well as for couple's families, social life, and anywhere where effective and healthy relationships with others are important.

Coaches and trainers joining the seminar will acquire the necessary theoretical knowledge along with a tool box of practices, exercises, role plays for helping to transmit and to use the Emotional Assertiveness materials in their practice. They will also experience dealing with their own emotions.

The seminar will compliment your other trainer skills in interpersonal communication and conflict resolution, opening an additional and logical dimension for understanding the complex nature of human relationships. This seminar is based upon the original model developed by John Parr, that integrates research about Emotions and Emotional Intelligence with inputs from other disciplines such as Transactional Analysis and child development etc.

The field of Emotions is just that, very emotional, this is why we pay attention to preparing trainers to be able to create and maintain a place of safety where their future trainees can take risks, without being exposed to harm.



JOHN PARR (MSc) Certifying Master Trainer
Emotional Assertiveness & PCM

John has worked for over 36 years as a management consultant for multinational organisations and specialises in designing tailor-made training solutions for his client companies. He is recognised for his work in Emotional Intelligence, Stress Management and Communication Skills. Applied Emotional Intelligence was the subject of his master's degree dissertation and he has developed this unique model for teaching Emotional Assertiveness (Applied Emotional Intelligence). John's key focus is on developing human relationships in the workplace, personal life, and for training children in the skills.

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Module One

Emotional Assertiveness Core Seminar

“In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed” - Charles Darwin

This **in-person 3 day module** will facilitate you identifying, differentiating, and understanding your emotions. It clarifies the difference between healthy authentic expressions of emotion and the destructive and harmful expression of cover-up emotions.

You will develop means to express your authentic emotions in healthy ways to facilitate your management of conflict and the development of deeper relationships.

During the seminar you will have time together with your colleagues to explore the application of emotional intelligence in practice.

- The place of emotions in human relationships
- The nature of emotions; why we have them
- Emotion and bodily sensations
- Differentiation between healthy and unhealthy expression of emotion
- Four dynamics: Self-awareness, Self-management, Interpersonal-awareness, Relationship-management
- Emotional cycles: healthy and unhealthy
- Anger
- Sadness
- Fear
- Joy
- Love
- Complex emotions
- Managing emotions
- Building relationships

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Module Two

Emotional Assertiveness: Creating a place of safety

“How do I love thee? Let me count the ways”
- Elizabeth Barrett Browning 1806 – 1861

Emotions are integral to relationships and human relationships vary in intensity depending upon the depth of love we experience in each connection. How we manage our emotions depends upon how Emotionally Assertive we are, i.e. how well we manage our emotional interactions with others.

In this module we will review love in all its forms, we will heighten our awareness of the forms of love we give and receive and clarify where we place our boundaries. We will also review Assertive Behaviour in general and develop some skills in expressing ourselves in win win ways to achieve healthy respectful relationship. As a trainer it is imperative that we can model the behaviours we are training; we need to be seen to "walk the talk."

- What's love got to do with it?
- The seven ancient words for love
- Our levels of comfort and confidence in expressing, giving, and receiving love
- Assertiveness Skills: six skills and one important value
- Where emotions fit in
- Preparation for next session on emotions in working groups
- There will be room to discuss, test out and practically experiment with the theory and practice of Emotional Assertiveness

Note: This is a 3 day in-person course

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Module Three

Emotional Assertiveness: Creating a place of safety

"...feelings can't be ignored, no matter how unjust or ungrateful they seem"
-Anne Frank, The Diary of a Young Girl

Emotional issues have their origin in our childhood. The goal of this module is to understand the origin of unhelpful cycles and to replace those cycles with healthy behaviours.

This module will facilitate your development of skills for creating a place of safety where your clients will be enabled to experiment with their authentic emotions. This module will allow the trainer/coach/therapist to select and make appropriate interactions with their clients, trainees, and everyday relationships.

- Basic child development theory, defence mechanisms drawn from KJ Kaplan TILT model (Teaching Individuals to Live Together -Relational approach and withdrawal behaviours
- TILT compared with E Berne theory of Group Imago and B Tuckman, Group Development Theory
- Group Dynamics, in Families, Teams, and all human endeavour
- Where do emotions fit in? There will be room to discuss, test out and practically experiment with the theory and practice of Emotional Assertiveness

Note: This is a 3 day in-person course

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Module Four

Autonomy: Awareness, spontaneity, and the capacity for Intimacy

““Feel, he told himself, feel, feel, feel. Even if what you feel is pain, only let yourself feel” - P.D. James, The Children of Men

Self-awareness and Relationship-awareness are two of the four cornerstones of Emotional Assertiveness. The other two are, Self-management and Interpersonal-relationship-management, i.e. the social aspect of E.A.

In this module we will pull together the elements of Emotional Assertiveness and you will be invited to explore your own personal limits. This will help you model managing emotional connectivity through the expression of healthy emotions within the context of your training groups.

It is an exploration of self in the context of emotions and closeness, to facilitate you being congruent with your feelings and their expression. This will also help you to develop yourself as a ‘tool’ to authentically express self in interpersonal relationships.

During the seminar we will examine how we fit into, work with and manage groups and teams. The objective is to become increasingly in touch with our ‘real self’, discover our learned vulnerability and practice taking the risk to feel vulnerable whilst being open with others. This applies in both one to one and within groups. This will be an exercise in maximising autonomy. Autonomy in this context is defined as Awareness, Spontaneity, and the capacity for Intimacy (Intimacy: the ability to meet others in our uncensored self: to be real with each other).

We will conclude with the certification process.

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Certification, Fees & Registration

For certification you will be required to:

- Pass a written exam
- Present a topic whilst demonstrating empathic teaching skills
- Have shown a capacity for the application of Emotional Assertiveness throughout the training (The formative aspect of certification)
- Demonstrated respectful win / win behaviours in communications
- Sign the Trainer agreement and code of ethics

The pass marks are a minimum 70% for the written exam and 70% for presentation of topic, plus continual assessment during the training i.e. the formative aspect.



Total 12 days in 4 modules

Dates: Contact us to find out when the next course starts

- Module 1 Core Topics Mandatory for trainer certification
- Module 2 Trainer Certification
- Module 3 Trainer Certification
- Module 4 Trainer Certification (including exams)

Fees: £5,200 + VAT (where applicable),
Early bird registration available at £5,000 + VAT (where applicable), terms and conditions apply

Note: The first three days can be taken as the Core Topic seminar, purely for self-development at £950 + VAT

Fees include A copy of The Emotional Assertiveness Model book, Fore-play, Fair-play and Foul-play, trainer support materials, lunches and refreshments

Venue: Contact us to find out more. Courses are held worldwide.

Note: Accommodation can be arranged if required

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