
“EQ - what is it and how to use it?”

On November, 3rd, 2018, the second training in the series of "**The Lapbook of professional success-2**" on "EQ – WHAT is it and how to use it?" was held at Pedagogical Institute.

The training focused on developing emotional competence, broadening knowledge about emotions and their nature; developing an ability to understand their emotional condition "here and now", developing empathy abilities. The participants of the training got acquainted with methods of diagnosis and development of EQ, did a number of practical exercises ("Rose Bush", "My mood", "Steps"), which demonstrated the ability of EQ in developing social communication.

Moderators: A. Danielyan, Candidate of Pedagogical Sciences, senior lecturer of the Department of Preschool Education; O. Stayenna, Candidate of Pedagogical Sciences, senior lecturer of the Department of Preschool Education.