

# Postgraduate Certificate Emotional Intelligence and Career Guidance





## Postgraduate Certificate Emotional Intelligence and Career Guidance

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/psychology/postgraduate-certificate/emotional-intelligence-career-guidance](http://www.techtute.com/in/psychology/postgraduate-certificate/emotional-intelligence-career-guidance)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

The management and influence of emotional intelligence is of enormous importance when making vocational and professional decisions. The guidance offered by psychologists is of great importance in this area. On this program the professional will be able to catch up on all the new developments that have arisen in this field. An intensive tour through the knowledge necessary to perform this task successfully.





“

*Acquire the ability to effectively provide emotional support for students with this Postgraduate Certificate”*

This Postgraduate Certificate in Emotional Intelligence and Career Guidance will provide the professional with up-to-date and relevant information to identify the students within their work group or educational center who most need career guidance.

The resources found in this Postgraduate Certificate will allow professionals to obtain better medium and long term results in the development of emotional intelligence and the ability to manage emotions.

Both the activities proposed and the innovative approaches to counseling that they encounter, will enable professionals to enhance their professional skills and departmental results.

This program will enhance professional competence in this field, leading to superior practice and results that will increase educational effectiveness, and therefore have a direct impact on students.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Postgraduate Certificate in Emotional Intelligence and Career Guidance** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ More than 100 practical cases presented by experts in Emotional Intelligence and Career Guidance
- ♦ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ New developments on detection and intervention in Emotional Intelligence and Career Guidance
- ♦ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ♦ With special emphasis on evidence-based methodologies in Emotional Intelligence and Career Guidance
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Update your expertise in Emotional Intelligence and Career Guidance with this Postgraduate Certificate"*

“

*This Postgraduate Certificate will enable you to help students to develop their emotional intelligence: a skill that is currently in high demand”*

*Become the best ally to help students achieve success and support final-year students in schools.*

*A comprehensive program that will propel you to the highest levels of competence in the area of Emotional Intelligence and Career Guidance.*

The teaching staff include professionals from the field of Emotional Intelligence and Career Guidance, who bring their experience to this program, as well as renowned specialists belonging to leading societies and prestigious universities.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

This program is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. For this, the professional will be assisted by an innovative interactive video system created by recognized experts in the field of Emotional Intelligence and Career Guidance with extensive teaching experience.



# 02

# Objectives

The objectives of this program act as a guide for this Postgraduate Certificate, with the specific mission of providing students with up-to-date and in-depth information that will allow them to broaden their knowledge in the field of Emotional Intelligence and Career Guidance. It is a journey of personal and professional growth to the highest standards of quality and excellence.





“

*The objective of this program is to provide the psychology professional with up-to-date information to identify student needs in the area of emotional intelligence and guidance"*



## General Objectives

---

- ♦ Acquire the necessary knowledge to act as a support for students' decision making regarding their vocation and vocational orientation
- ♦ Act in an adjusted way in the different personal contexts of the students
- ♦ Know the most effective and useful guidance strategies





## Specific Objectives

---

- Support the student regardless of the vocation they choose
- Give the student the skills to face the challenges that will be put in their way after having chosen their career or vocation

“

*A highly intensive Postgraduate Certificate that will allow you to learn comfortably with the most interesting study methods available for your professional development”*

03

# Course Management

The program includes in its teaching staff reference specialists in Emotional Intelligence and Career Guidance, who bring to this training the experience of their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.



“

*Learn about the latest advances in  
Emotional Intelligence and Career  
Guidance from leading professionals”*

## Management



### **Ms. Jiménez Romero, Yolanda**

- ◆ Psychopedagogue specialized in Neurolinguistics
- ◆ Educational Psychologist
- ◆ Degree in Primary Education with English
- ◆ Master's Degree in Educational Psychologist
- ◆ Master's Degree in Neuropsychology of High Intellectual Abilities
- ◆ Master's Degree in Emotional Intelligence
- ◆ Specialized Teacher in High Intellectual Ability
- ◆ Co-director, Author and Teacher in Different University Educational Projects



## Professors

### Ms. García Camarena, Carmen

- ♦ Manager of Step by Step, a vocational guidance company for all professional stages
- ♦ Psychologist and Master's Degree in Business Administration, CAP at the Alfonso X el Sabio University
- ♦ Specialization in FOL and Master's Degree in HR and group techniques
- ♦ Creator of a methodology adapted to high school stages

### Mr. Maroto, José María

- ♦ Computer Engineer
- ♦ Consultant specialized in Coaching, Change Management, Motivation, Emotional Intelligence and Leadership. Professor specialized in Innovation and BigData processes
- ♦ Expert in learning, lecturer and writer of articles and publications related to his areas of expertise

“

*Our teaching team will provide you with all their knowledge so that you are up to date with the latest information on the subject”*

# 04

## Structure and Content

The contents of this Postgraduate Certificate have been developed by the most competent professionals in this sector, with a commitment to high quality at every stage of the program. For this purpose, the most relevant and comprehensive topics have been selected, with the latest and most interesting updates. It should be noted that the entire syllabus is complemented with audiovisual material, complementary readings and practical exercises for a more enriching experience.







“

*An intensively structured educational approach, in such a way that you achieve your learning goals consistently and effectively”*

## Module 1. Development of Emotional Intelligence and Career Guidance

- 1.1. Theoretical Basis: Why is Emotional Intelligence Necessary?
  - 1.1.1. Definition of the Concept of Emotional Intelligence
  - 1.1.2. Elements of Emotional Intelligence
  - 1.1.3. Emotional Intelligence and Education
  - 1.1.4. Emotional Education and Basic Competencies
  - 1.1.5. The Delors Report (UNESCO 1996)
  - 1.1.6. Family and Emotional Education
  - 1.1.7. Emotional Competencies
  - 1.1.8. Ideal Environments
  - 1.1.9. Principles, Values and Virtues
  - 1.1.10. Roadmap in Emotional Intelligence
- 1.2. Self-Knowledge and Management of Emotions
  - 1.2.1. Human Dimension, Self-Knowledge
  - 1.2.2. What are Feelings?
  - 1.2.3. Expression in the Body
  - 1.2.4. Rational Expression
  - 1.2.5. What are Emotions
  - 1.2.6. Basic Emotions
  - 1.2.7. Expression of Emotion
  - 1.2.8. Self-Confidence
  - 1.2.9. Self-Concept Application Models
  - 1.2.10. Self-Care
- 1.3. Emotional Intelligence in Adolescence
  - 1.3.1. Stages of Development, the Child Grows Emotionally. Life Cycle
  - 1.3.2. Virginia Satir, Family Model
  - 1.3.3. From the Family to the Individual
  - 1.3.4. Emotional Characteristics of the Adolescent
  - 1.3.5. Emotional Perception
  - 1.3.6. Adolescent Emotional Domains
  - 1.3.7. Skills Development
  - 1.3.8. Social Stress
  - 1.3.9. Visualization of Goals
  - 1.3.10. Application Models
- 1.4. Empathy, Leadership and Emotional Regulation
  - 1.4.1. Our Brain, Cerebral Hemispheres
  - 1.4.2. Rational vs Emotional Intelligence
  - 1.4.3. The *Self* and the Other
  - 1.4.4. Assertiveness as a Way of Life, Emotional Regulation
  - 1.4.5. Basic Beliefs, our Map of How We View Life
  - 1.4.6. Knowing My Personal Goals
  - 1.4.7. Recognizing Personal Skills
  - 1.4.8. True Success
  - 1.4.9. Competencies to be Developed
  - 1.4.10. Real Knowledge of Limiting Beliefs
  - 1.4.11. Application Models
- 1.5. Development of Social Skills
  - 1.5.1. Educating for Social Relationships
  - 1.5.2. Direct Experience
  - 1.5.3. Imitation
  - 1.5.4. Reinforcements
  - 1.5.5. Raise the Level of Social Competence
  - 1.5.6. Conflict Resolution
  - 1.5.7. Stress Management
  - 1.5.8. Disruptive Behaviors
  - 1.5.9. Communication.
  - 1.5.10. Application Models
- 1.6. Implications for Employment
  - 1.6.1. Individuation Period
  - 1.6.2. Intellectual Development
  - 1.6.3. Physical development
  - 1.6.4. Development of a Way of Life
  - 1.6.5. Personality Development
  - 1.6.6. Career
  - 1.6.7. Potential and Challenge
  - 1.6.8. Education and Training
  - 1.6.9. Application Models

- 1.7. Enthusiasm and Motivation
  - 1.7.1. Initial Enthusiasm and Sustained Motivation
  - 1.7.2. Definition of Neurological Levels
  - 1.7.3. Generate Self-Esteem
  - 1.7.4. On the Way to Your Goal
  - 1.7.5. Problem Solving
  - 1.7.6. Self-Motivation: Strengths
  - 1.7.7. Motivation in the Classroom: Cultivating Curiosity
  - 1.7.8. Professional Interests
  - 1.7.9. Tolerance to Failure
  - 1.7.10. Application Models
- 1.8. Emotional Management
  - 1.8.1. Perception, the Map of Seeing Life, Analysis of the Emotional Situation
  - 1.8.2. Observation of the Ambioima
  - 1.8.3. Detection of Limiting Beliefs
  - 1.8.4. Emotions for Life
  - 1.8.5. Stress, Concept, Symptoms and Types
  - 1.8.6. Managing Stress
  - 1.8.7. Sustaining Emotion
  - 1.8.8. Resilience
  - 1.8.9. Expression Channels
  - 1.8.10. Application Models
- 1.9. The Development of Attitudes and Competencies for the Work Environment
  - 1.9.1. What are Job Competencies?
  - 1.9.2. Competency Standards
  - 1.9.3. Occupational Profiles
  - 1.9.4. Employability Skills
  - 1.9.5. Attitudes towards Employability: Social, and Work Attitudes
  - 1.9.6. Affective, Cognitive and Behavioral Components of Attitudes
  - 1.9.7. Attitude Change: Congruent and Incongruent
  - 1.9.8. Most Valued Social Skills with Respect to Employability
  - 1.9.9. Personal Map of Attitudes and Competencies
  - 1.9.10. Application Models
- 1.10. Resources in Primary Education: An Evolutionary Approach
  - 1.10.1. Identification of Emotions
  - 1.10.2. The Self and the Other
  - 1.10.3. Emotional Environment
  - 1.10.4. Description of the Child's Environment: Expression Channels
  - 1.10.5. Self-concept
  - 1.10.6. Development of Self-Esteem
  - 1.10.7. Enhancing the Expression of Emotions, Assertiveness
  - 1.10.8. Intervention Strategies in Emotional Education
  - 1.10.9. Development of Emotional Competencies
  - 1.10.10. Application Models



*A unique, key, and decisive educational experience to boost your professional development”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

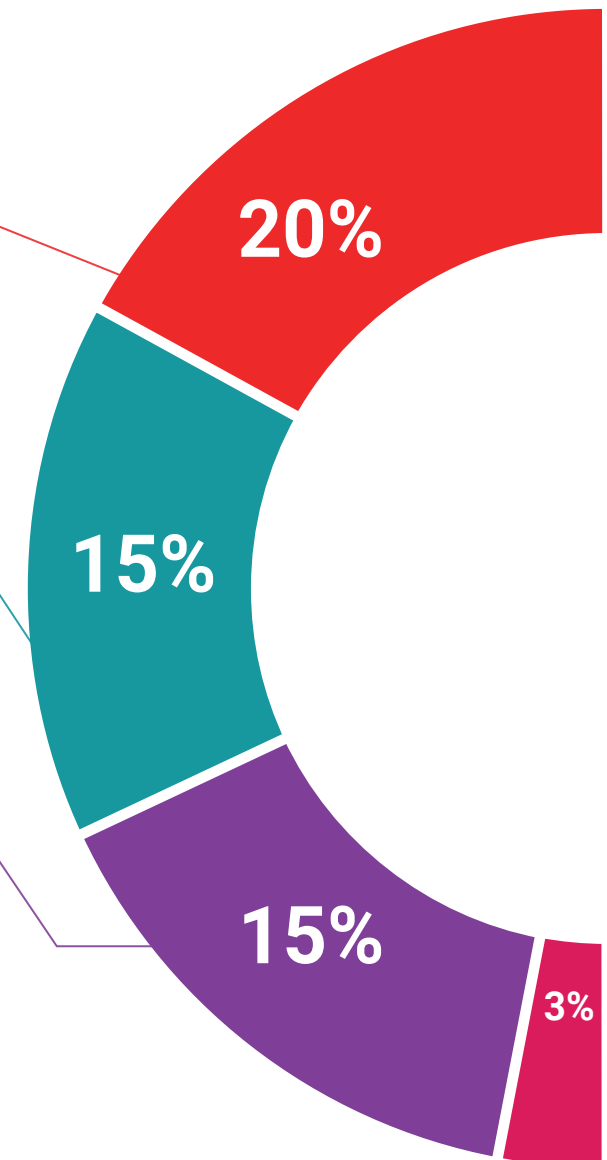
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

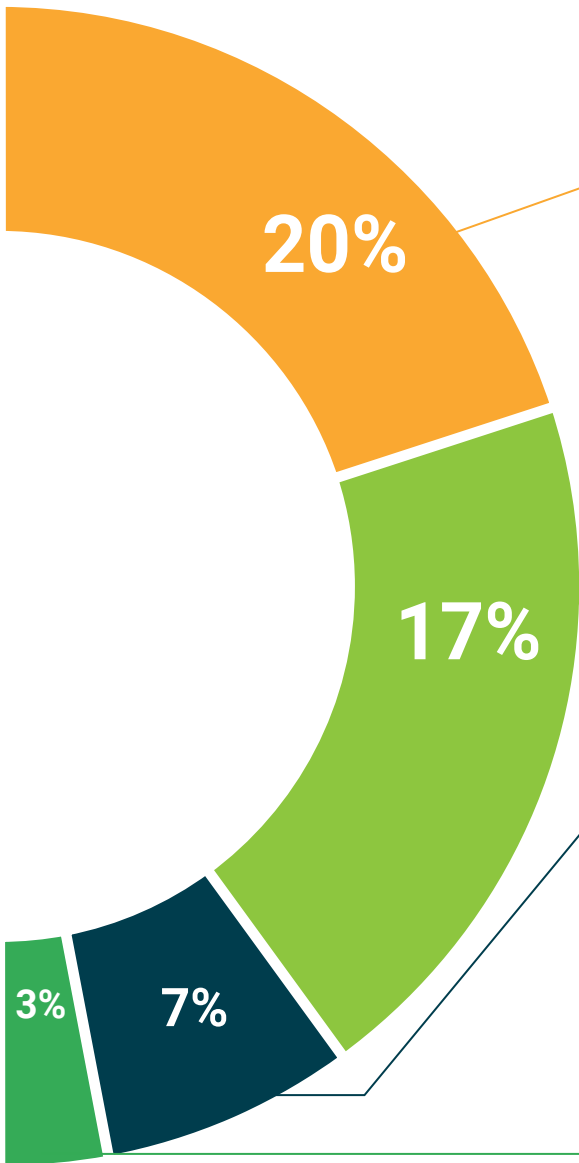
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Emotional Intelligence and Career Guidance guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Emotional Intelligence and Career Guidance** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Emotional Intelligence and Career Guidance**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate Emotional Intelligence and Career Guidance

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Emotional Intelligence and Career Guidance

