



Edition N°1 – January 2023

# E-brochure

EI4Future – Emotional Intelligence for Emotional  
Resilience



## Introduction

It is getting more common to hear about the importance of emotional intelligence (EI), from a personal to a professional level. EI is considered to be one of the most valuable employability skills, having a high EQ means being able to understand our own and other's emotions, leading to a better control of stress and behaviour

## Objetives

- To define appropriate Emotional Resilience
- To develop a Handbook about problem-solving techniques and stress management
- To improve people's work life balance
- To enhance awareness and knowledge on Gamification
- To empower adults with fewer opportunities

## Project Result 1

The main outcome will be the Handbook "EI4Future"- from Emotional Management to Emotional Resilience, aimed specifically at adults with fewer opportunities, which through the development of interactive modules and complementary educational card games aims to foment skill development to acquire emotional resilience.

At present, the project has already resulted in a report analyzing the needs of the target group and a series of focus groups in partner countries with the help of psychologists and experts in the field, analyzing learning objectives of emotional resilience.



## Transnational Project Meeting

There will be 4 transnational project meetings to assess strategic milestones of project outcome.

The first one was held in Cordoba, Spain on the 1st of September 2022 to launch the project. The second one will be held soon, in Potenza, Italy, to discuss the evolution of the on going project and to check the objectives achieved.

## NEXT STEPS

Soon available Handbook, "EI4future"-from Emotional Management to Emotional Resilience, in which we develop the idea of emotional management to emotional resilience and stress management. The handbook will be accompanied by complementary games to reinforce ideas through educational cards!

Available soon on the project website <http://www.ei4future.eu/> and on our social pages!  
@EI4FUTURE