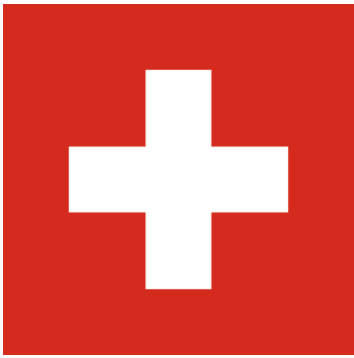


# ACADEMY OF LEADERSHIP SCIENCES SWITZERLAND INSTITUTE OF POLITICS



## EMOTIONAL INTELLIGENCE IN POLITICS

**ALSS-ADVANCED CERTIFICATE**  
**8-Week Course (100% online)**

**Course fee: CHF 3000**

**Start: monthly, intake ongoing; Register now: [info@alss-edu.ch](mailto:info@alss-edu.ch)**

## INFORMATION AT A GLANCE

Course duration: 8 weeks

ALSS Certificate: Yes

Language: English

Course fee: CHF 3000



Study options: 100% online, you can still work 100% while you are studying

## COURSE DESCRIPTION

Emotional Intelligence in Politics is an innovative and comprehensive course that delves into the intricate relationship between emotional intelligence and the field of politics. In today's complex political landscape, the ability to understand, manage, and leverage emotions effectively is crucial for successful leadership, decision-making, and effective communication. This course is designed to equip students with the essential skills and insights necessary to navigate the emotional challenges inherent in political contexts.

This course is ideal for students pursuing careers in politics, public administration, international relations, and related fields, as well as individuals interested in enhancing their emotional intelligence within a political context.

## WHAT WILL YOU LEARN IN THIS COURSE

- Introduction to Emotional Intelligence
- The Neuroscience of Emotional Intelligence
- Understanding emotional intelligence and its importance in the workplace
- Differentiating between emotional intelligence and cognitive intelligence
- The Five Components of Emotional Intelligence
- Enhancing Personal Emotional Intelligence
- Techniques for self-assessment and self-reflection
- Strategies for managing stress and negative emotions
- Cultivating a growth mindset and intrinsic motivation
- Interpersonal Skills and Empathy
- Effective communication and active listening
- Emotional Intelligence in Leadership





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## ADMISSION

1. CV with photo
2. A copy of bachelor's degree or the highest degree (Students without a bachelor or other academic degree can be enrolled too, based on their dossier, they must confirm at least two years of working experience).
3. A copy of passport or ID
4. Proof of English fluency: We do not require any formal testing such as the TOEFL but students must be able to read, write and speak English fluently.
5. CHF 100 non-refundable application fee, to Academy of Leadership Sciences Switzerland, Bank details: UBS AG, Bahnhofstrasse 45, 8001 Zürich, Switzerland SWIFT/BIC: UBSWCHZH80A IBAN (International Bank Account Number): CH03 0023 2232 1106 6401 M Account Number: 0232 00110664.01M

## CONTACT



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**[Course starts monthly, intake ongoing](#)**

**[Register now: info@alss-edu.ch](mailto:info@alss-edu.ch)**