



# **EMOTIONAL INTELLIGENCE IN SPORTS**

**4 WEEK ONLINE CERTIFICATE COURSE**

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COURSE FEE – CHF 590

START DATE: APRIL 11.2024

REGISTER NOW: [info@alss-edu.ch](mailto:info@alss-edu.ch)

# Course Introduction

The course Emotional Intelligence in Sports is a four-week open course (every Thursday two hours online), offered by the Academy of Leadership Sciences Switzerland, Zurich.

The course is designed and delivered by an international expert of Leadership and Emotional Intelligence. It is being offered as an open course and can be attended by anyone who is, or aspires to get, involved in the industry of Sports - including sports administrators, sports federations, students, current and former athletes, among others.

## Course Outcomes

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Upon completion of this course, you should be able to:

- Define Emotional Intelligence.
- Identify the benefits of emotional intelligence in sports.
- Learn the four core skills required to practice emotional intelligence in sports.
- Define and practice self-management, self-awareness, self-regulation, self-motivation and empathy.
- Successfully communicate with others in a verbal and a non-verbal manner.
- Interpret and manage your emotions in sports settings.
- Master tools to regulate and gain control of one's own emotions.
- Articulate your emotions using the right language.
- Balance optimism and pessimism.
- Effectively impact others in sports settings.
- Relate emotional intelligence to the sports workplace.
- Use the concepts and techniques of emotional intelligence in the sports workplace.

## Accreditation and certification

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The Academy of Leadership Sciences Switzerland (ALSS) is an international education institution that offers continuing education, further education, and post graduate advanced education courses, workshops and programs focusing on advanced studies in Leadership and Management. The ALSS also offers short courses that are not credit-bearing, and do not lead to formal qualifications. All attendees who attend all presentations of the course Emotional Intelligence in Sports will be awarded certificates of successful attendance by the ALSS.

# Course Subjects

- Definition of Emotional Intelligence.
- Benefits of emotional intelligence in sports.
- Four core skills required to practice emotional intelligence in sports.
- Practice self-management, self-awareness, self-regulation, self-motivation and empathy.
- Successfully communicate with others in a verbal and a non-verbal manner.
- Interpret and manage emotions in sports settings.
- Master tools to regulate and gain control of one's own emotions.
- Articulation of emotions using the right language.
- Balance optimism and pessimism.
- Effectively impacting others in sports settings.
- Relation of emotional intelligence to the sports.
- Use the concepts and techniques of emotional intelligence in the sports.



# Course Structure

Week

1

Introduction to Emotional Intelligence (2 hours)

Definition of Emotional Intelligence.

Benefits of emotional intelligence in sports.

Four core skills required to practice emotional intelligence in sports.

**Week 2**

**Recognizing Emotions (2 hours)**  
 Practice self-management, self-awareness, self-regulation, self-motivation and empathy.  
 Successfully communicate with others in a verbal and a non-verbal manner.  
 Interpret and manage emotions in sports settings.

**Week 3**

**Regulation and Control of Emotions (2 hours)**  
 Master tools to regulate and gain control of one's own emotions.  
 Articulation of emotions using the right language.  
 Balance optimism and pessimism.

**Week 4**

**Techniques to enhance Emotional Intelligence (2 hours)**  
 Effectively impacting others in sports settings.  
 Relation of emotional intelligence to the sports.  
 Use the concepts and techniques of emotional intelligence in the sports.

**Duration of the Course:**  
 4 weeks (every Thursday two hours webinar from 6pm-8pm Swiss time)

**Language**  
 English

**Start Date**  
 April 11.2024

**Study Options**  
 100 % online per Zoom

**Admission Requirements**  
 Anyone who is, or aspires to get, involved in the industry of sports can enrol for this course.

**Tutorial fees for the whole course**  
 CHF 590 to be paid at least one week before the course starts.

Internet access and an email address are required.

# Course Leader



## **Prof. Dr. Fadil Çitaku, PhD, MME (Uni Bern), CEO, Supervisor at ETH, Switzerland**

Prof. Dr. Fadil Çitaku is a professor of Leadership and Emotional Intelligence at the Academy of Leadership Sciences Switzerland (ALSS). He is the founder and CEO of the ALSS, founder and director of the graduate program Doctorate in Medical Education (DME) and professor of PHD program in Medical Education. Prof. Çitaku has been teaching in graduate and postgraduate programs for more than 23 years and has experience in developing curricula and projects in Switzerland and abroad. He is a supervisor for trainee teachers at the prestigious university ETH (Swiss Federal Institute of Technology in Zurich), Switzerland and co-founder of the Center of Excellence for Leadership Innovation and Quality at RAK University, RAKCODS, UAE and ALSS, Switzerland. He has been contributing to many international prestigious conferences as a keynote speaker and has been teaching and supervising many key leaders and institutes of healthcare, higher education, business, politics, and sports. His research and teaching focus on Leadership and Management, Leadership and Quality Management, Leadership and Organizational Theory, Leadership Competencies and Emotional Intelligence. Prof. Çitaku advises and trains high-caliber leaders and institutes around the world and has delivered speeches as a keynote speaker at many prestigious international scientific conferences.

He is the discoverer of the Çitaku Leadership Competencies Model, in which he investigated leadership experts from the USA, CA, UK, A, D and CH, publishing for the first time in the world an Empirical Model of Leadership Competencies for Medicine and Health Professions, which is published in the prestigious scientific journal British Medical Journal (BMJ) <https://bmjopen.bmj.com/content/2/2/e000812>. The scientific research and teaching of Prof. Çitaku focus on Leadership, Emotional Intelligence, Quality Management, Organizational Theory, and Project Management, Neuroleadership, Neurobusiness and Neuromarketing.

Prof. Çitaku is the discoverer of the DRENICA Leadership Competencies Model, published in 2020 in Canada [https://ijol.cikd.ca/article\\_60503.html](https://ijol.cikd.ca/article_60503.html) and has published three books:

1. Responding competently in emergency situations: <https://www.amazon.com/-/de/dp/3838680359/ref=sr>.
2. LEADERSHIP COMPETENCIES IN MEDICINE AND HEALTHCARE: Scientifically based development of 63 leadership competencies, which can be learned and applied: <https://www.amazon.com/dp/B0B6XKV94P>.
3. NEUROMARKETING: A Simplified Guide with Scientific Foundations, Practical Tips, and Ethical Insights for Successful Product Selling and Brand Development: <https://www.amazon.co.uk/NEUROMARKETING-Simplified-Scientific-Foundations-Development/dp/B0CR6SB72B>