

EI Learning Systems™

| Emotional Learning System | EILS Materials | Learning Process | Learning Outcome | Level of Personal Change |
|---|---|--|--|--|
| Step 1: EXPLORE | ESAP (CV) | ESAP Assessment | Accurate Self Assessment | Cognitive |
| Step 2: IDENTIFY | ESAP Profile | Complete/Graph Results | Accurate Self Assessment | Cognitive |
| Step 3: UNDERSTAND | ESAP Profile | ESAP Interpretation | Increased Self Understanding | Cognitive |
| Step 4: LEARN DEVELOP | Book Emotional Intelligence: Achieving Academic and Career Excellence | Construct Personal Development Plan and Learn Emotional Intelligence Skills | Self Development with Positive Personal Change | Cognitive and Experiential |
| Step 5: APPLY | EI Academic Success Planner | Apply and Practice Emotional Intelligence Skills Daily | Self Improvement with Increased Intentional Behaviors / Develop Constructive Thinking and Positive Habits. | Cognitive, Experiential, and Behavioral |
| Step 6: CHANGING PROBLEMATIC BEHAVIORS | Emotional Learning Guide Facilitated Mentoring Coaching / Counseling | Applying Self Corrective Behaviors for Positive Change | Behavioral Change of Situational Specific Behaviors (Cue Determined Behavior) | Reducing Emotional Reactivity. Improved Constructive Thinking and More Effective Behavior. |
| Step 7: IN-DEPTH BEHAVIORAL CHANGE | Emotional Learning Guide Extended Coaching and Counseling Therapy | In-depth Emotional Learning in a Supportive Relationship Identifying, Understanding, and Changing Long Standing and Self-defeating Behavioral Patterns | In-depth Behavioral Change of Characteristic and Problematic Behavioral Patterns (Anger, Anxiety, Sadness) | Self-valued and Positive Change of Problematic Behavioral patterns. Improved Relationships, Emotional Self-control, and Productivity |
| Step 8: INTELLIGENT SELF-DIRECTION | Emotional Learning Guide with Emotional Learning Systems | Self-Monitoring Self-Directed Coaching Self-Correction of Problematic Behaviors | Cognitive / Experiential / Behavioral Self Renewal Personal Excellence | Intelligent Self-direction Intentional, Positive Habits Healthy, Effective Relationships |