

# Social Awareness

## What is Social Awareness?

We are all social creatures and our emotional intelligence can assist us in building and enhancing our relationships with others. Becoming more socially and self aware is the key to being ready to learn techniques for managing our emotions and those of others. Empathy is the cornerstone of effective human relationships.

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## Who is it for?

Learners who want or need to expand their awareness of how their behaviour impacts others and how to effectively respond to the impact that other people's behaviour has on them.

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## What does it offer?

The module explores Goleman's four domains of Emotional intelligence and shows how our brains are wired to respond to social threats and rewards. The module explores the power of social contagion and the importance of staying conscious of the presence we bring to situations. Learners will be shown useful techniques for increasing their empathetic response to others in an authentic manner.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](http://madebetterhuman.com.au)

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