

Sensitivity and Awareness Training

A.C.E. Learning Solutions provides personal coaching and training in the areas of sensitivity and self-awareness (Emotional Intelligence) as well as communication skills for interpersonal effectiveness (Social Intelligence). Our classes and coaching sessions assist people in creating positive and productive interpersonal interactions.

Coaching and Training Sessions

1. Assessment of productive and unproductive interpersonal behavior
2. Choose learning goals
3. Identify barriers to behavior change and how to overcome them
4. Personal Effectiveness (Emotional Intelligence)
 - a. self-awareness, self mastery and increased sensitivity to others
 - b. impulse control
5. Interpersonal Effectiveness (Social Intelligence)
 - Adapting behavior to the context
 - Reading others' feelings
 - Observing body language and cues
 - Empathy
 - Productive communication skills
6. Knowledge Test – tests the understanding and retention of key concepts from the Sensitivity and Awareness Training

Outcomes: Clarity about *what* needs to be done differently going forward, and *how* to monitor behavior in order to interact appropriately with others.