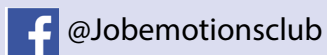


## Find Out More



### Want to get involved?

Join us and take part in our trainings to learn how to use Emotional Intelligence in job seeking and career guidance.

For more information get in touch with the representative in your country.



*"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."*

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# JOB EMOTIONS CLUB

## "JOBEMOTIONS CLUB"

is a project is to improve the employability of unemployed adults who are seeking to rejoin the labor market by developing a methodology that allows these people to participate actively in a job club where they can acquire skills social network linked to **EMOTIONAL INTELLIGENCE** that contribute to further enhance their employment opportunities.



## OBJECTIVE

To include unemployed into labour market through job club and **EMOTIONAL INTELLIGENCE**

To improve learning materials for **JOB SEEKER** in order to improve intrapersonal and enterpersonal skills

To develop materials that support professionals in the field of employment guidance for adults in search of employment

Increase competence of **JOB ADVISOR** through training

## RESULTS

Develop a methodology to train unemployed people to acquire **Emotional Intelligence** skills and to participate in **Job Club**

Develop a Support Guide for Adult educator and Job advisor

## TARGET GROUP

**JOB SEEKERS  
ADULT EDUCATORS  
JOB ADVISOR**

### ***What is JOB CLUB?***

Job Clubs, space where who is looking for a job, will share experiences, plan and carry out activities to improve their opportunities to get a job. In this space, unemployed people have the support of counsellors, trainers or other professionals in order to improve their skills and enhance their chances of return into labour market

### ***What is Emotional Intelligence?***

Emotional Intelligence (EQ) is defined by **Daniel Goleman** as the ability to identify, assess, and control one's own emotions, the emotions of others, and that of groups.