



PROGRAM DETAILS

Oji Emotions Learning Outline

Key (Skill Area Covered)

- Recognition
- Regulation
- Co-Regulation

Level	Level Title	Target Complete Time	Step #	Step Title	Skill Area Covered			Minutes/Step
					●	●	●	
1	Permission to Feel	2 days Days From Start: 2	1	Getting Started	●			10
			2	Your Take on Emotions	●			10
			Total					
2	Recognizing Emotion	12 days Days From Start: 14	3	Emotions Are	●			10
			4	Introducing the Mood Meter	●			10
			5	Riding the Roller Coaster	●			10
			6	Emotions Matter	●			10
			7	What is Emotional Intelligence?	●			10
			8	LL 1: Mood Meter	●			30
Total							1 hr 20 min	
3	Intro to Regulation	10 days Days From Start: 24	9	The Science of Emotion		●		10
			10	Emotions at Work	●	●		9
			11	Introduction to Regulation		●		8
			12	PRIME for Emotions		●		10
			13	Emotional Shift		●		10
			14	Recognize to Regulate	●	●		10
			15	Understanding Regulation		●		10
			16	Get Ready for Feedback	●	●		10
Total							1 hr 17 min	
4	Mastering Key Regulation Strategies	14 days Days From Start: 38	17	Exploring the Causes of Emotion		●		10
			18	Define the Difference	●	●		10
			19	Your Best Self		●		10
			20	Think Positive		●		9
			21	Best Self Continued		●		10
			22	Ready, Set, Goals!	●	●		10
			23	LL 2: Best Self		●		30
Total							1 hr 29 min	





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5	Expressing Emotion	10 days Days From Start: 48	24	Read, Express, Repeat	●			10
			25	Challenges of Reading Expression	●			8
			26	Recognizing Emotion in Others	●			8
			27	More on Expressing Emotion	●			10
			28	Revisiting the Roller Coaster	●			10
			29	Emotional Labor	●			10
			30	Expressing in Context	●	●		9
			Total					
6	PRIME Strategies	14 days Days From Start: 62	31	Schedule Your First Coaching Session	●			10
			32	Live 1:1 Coaching - Emotion Snapshot	●	●		15
			33	Cause and Consequence	●			8
			34	Reappraisal Practice		●		9
			35	Shifting Quadrants (from L5S2)		●		10
			36	Strategizing By Situation		●		10
			37	Refine Your Emotion Goals	●	●		5
			Total					
7	Emotion Contagion & Co-Regulation	14 days Days From Start: 76	38	Your Emoting All Over Me		●	●	10
			39	Co-Regulating			●	9
			40	Am I Contagious?			●	8
			41	Strategizing By Quadrant		●		8
			42	Impact of Stress	●	●		10
			43	Schedule Your Group Session	●			5
			44	LL 3: Contagion & Conflict	●	●	●	30
			Total					





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					●	●	●	
8	The Journey of a Lifetime	14 days Days From Start: 90	45	Emotions Matter. . . To Me	●	●	●	10
			46	Addressing Unhelpful Strategies		●		10
			47	Regulating for a Better Outcome		●	●	10
			48	Emotional Chaos		●		10
			49	Live 1:1 Coaching - Emotion Goals	●	●	●	15
			50	Reflect and Refine	●	●	●	6
			51	Summing Up				9
				Total				1 hr 10 min
Bonus Level	Finding Emotional Balance	30 days Days From Start: 120	52	Progress Check	●	●	●	8
			53	Emotions and Social Media	●	●		10
			54	I Heart My Heart		●		7
			55	More Reappraisal Practice		●		10
			56	Prepare for More Feedback	●			5
			57	Your Stress Egress		●		10
			58	Changing the Story		●		6
			59	The Power of Poetry		●		9
			60	Emotion Snapshot Discussion	●	●	●	8
			61	LL 4: Discussion	●	●	●	30
			62	What Questions Remain?	●	●	●	8
				Total				1 hr 51 min
				Total Learning Time				11 hrs

