

## San Diego Police Department Effective Interactions Training

### Day 1

0730-0800	Instructor Introductions Officer Introductions	
0800-0820	Course Objectives. Plan for the Day, Group Assignments	
0820-0830	BREAK	
0830-0920	Description of Emotional Intelligence Personal Competence Social Competence	
0920-0930	BREAK	
0930-1100	Self-Assessment DISC Test DISC Groups	
1100-1200	Lunch	
1200-1250	Emotional Intelligence- Self-Awareness Self-Awareness Strategies	
1250-1300	BREAK	
1300-1350	Emotional Intelligence- Self-Management Self-Management Strategies	
1350-1400	BREAK	
1400-1450	Emotional Intelligence- Social Awareness Social Awareness Strategies	
1450-1500	BREAK	
1500-1550	Emotional Intelligence- Relationship Management Relationship Management Strategies	
1550-1600	BREAK	
1600-1630	End of Day Wrap-up; Expectations for Day 2	