

Dental Faculty Educational Programme

Emotional Intelligence – A tool to support trainees, our teams and ourselves

Date and time: Friday 6th December 2024

The meeting will start promptly at 9.30am and will end no later than 4.15pm

Venue: Lecture Theatre – TEST, Explorer House, Adanac Dr, Southampton SO16 0AS

It is expected that all staff will stay for the whole programme unless otherwise agreed prior to the start by their line manager

Aims:

- To engage the audience on a tour of the unchanging commonalities of human psychology, along with the idiosyncrasies of one's personality, and Generational shifts in learning patterns and expectations.
- To give the learners insight into the emotional wellbeing of their wards and exercises, methods and skills on how to develop and enhance our educational potency.

Objectives:

- To understand the fundamentals of human psychology and personality science
- To learn some of the skills for using strategic empathy in communication with patients (and your family and friends!)
- To understand how educational and professional goals have altered through generations and how Gen Z is its own unique group
- To understand the unchanging fundamental software human interaction and social intelligence
- To offer opportunity to interact and take part in exercises to begin one's own EI development.

Learning Outcomes: At the end of the training, participants should be able to:

- Have an overview of the benefits of emotional intelligence and the challenges that arise with limited emotional intelligence.
- Develop educational effectiveness by understanding the importance and benefit of Emotional Intelligence.
- Work more effectively as a team with an understanding of individual capacity of emotional intelligence.
- Know who may be able to support individuals, and themselves, with developing emotional intelligence.

GDC Development Outcomes A, B and D with 5.5 hours CPD

Programme:

- **09:30 – Welcome and Introduction - John Darby, Postgraduate Dental Dean**
- **10.00 - Session 1 Emotional Intelligence - Richard Porter**

The fluidity of emotional intelligence focussed on the learner and their own journey. All attendees will be invited to undertake this journey and to do this at their own speed.

Subjects like positive and negative emotion, personal development, optimism, purpose, self-awareness and relationship management will be covered throughout the sessions along with self-assessment sessions.

11.10 - 11.30 Break

- **11.30 - Session 2 Emotional Intelligence**
- 12.30 - 13.30 Lunch and networking**
- **13.30 - Session 3 – Emotional Intelligence**
- 14.15 - 14.35 Break**
- **14.35 - Session 4 – Emotional Intelligence**

- **15.40 - Q&A and Discussion**

- **16.00 – 16.15 - Closing summary - John Darby**

Speaker biography

Richard Porter - Richard qualified in 1999 and completed Foundation year training covering general practice, restorative dentistry and maxillofacial surgery. He entered specialist training and was appointed a Restorative Dental Consultant in 2007. He was care group lead of a dental department for 7 years and also runs a specialist referral practice.

He is cofounder of the Aspire Dental Academy which teaches a variety of courses to postgraduate dentists from all over the UK and Europe.

Richard became interested in Emotional Intelligence and the underlying psychology of human interaction and its role in health, education, human flourishing and litigation risk and has been a post graduate scholar in this field for over a decade.

He became a formal post graduate student of Personality Psychology and Human Behavioural Cognition in 2019.