

**NATIONAL UNIVERSITY OF LIFE AND ENVIRONMENTAL SCIENCES OF
UKRAINE**

Department of Production and Investment Management

APPROVED
Faculty of Agricultural Management
“15” June 2026

CURRICULUM OF ACADEMIC DISCIPLINE
«MANAGING EMOTIONAL INTELLIGENCE»

Area of knowledge 07 Management and Administration

Specialty 073 «Management» _____

Academic programme _ Management _____

Faculty (Education and Research Institute) Agricultural Management _____

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Description of the discipline Managing emotional intelligence

(up to 1,000 printed characters)

The educational component “Managing Emotional Intelligence” is optional. The discipline is opted for studying main aspects of managing emotional intelligence, understanding nature and process of emotions and its controlling due to different circumstances. The special attention is paid to managing conflicts, stress management and. Manipulation management.

Area of knowledge, specialty, academic programme, academic degree		
Academic degree	<i>bachelor's</i>	
Specialty	<i>073 «Management»</i>	
Academic programme	<i>Management</i>	
Characteristics of the discipline		
Type	optional	
Total number of hours	180	
Number of ECTS credits	6	
Number of modules	2	
Course project (work) (if any)		
Form of assessment	<i>exam</i>	
Indicators of the discipline for full-time and part-time forms of university study		
	University study	
	Full-time	Part-time
Year of study	3	
Term	6	
Lectures	<i>30 hours</i>	<i>hours</i>
Practical classes and seminars	<i>30 hours</i>	<i>hours</i>
Laboratory classes	<i>hours</i>	<i>hours</i>
Self-study	<i>120 hours</i>	<i>hours</i>
Number of hours per week for full-time students	<i>4 hours</i>	

1. Aim, competences and expected learning outcomes of the discipline

Aim of studying the discipline is to form theoretical knowledge and develop practical skills among higher education students related to the development of an understanding of emotional intelligence, its components (emotional, cognitive, communicative, and behavioral) and the necessary personal and professional qualities that influence the development of emotional intelligence, as well as the acquisition of practical skills in managing one's own emotions and the emotions of other people for the effective implementation of professional activities.

List of academic disciplines that precede the study of “Managing Emotional Intelligence”: “Management”; “Self-management”; “Personnel management”; “Leadership, communication management, and team interaction”.

Competences acquired:

Integral competence (IC): the ability to solve complex specialized problems and practical problems characterized by complex and uncertain conditions in the field of innovation and investment management or in the learning process, which involves the use of theories and methods of social and behavioral sciences.

General competence (GC):

GC 2. The ability to preserve and multiply moral, cultural, scientific values and to multiply the achievements of society on the basis of understanding of the history and patterns of

development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology and technology, to use different types and forms of motor activity for active recreation;

GC 6. The ability to speak the state language both orally and in writing;

GC 7. The ability to speak a foreign language.

GC 11. The ability to adapt and action in a new situation.

GC 12. The ability to generate new ideas (creativity).

Special (professional) competence (SC):

SC 14. Understand the principles of psychology and use them in professional activity.

SC 15. The ability to form and demonstrate leadership qualities and behavioral skills.

Program learning outcomes (PLO):

PLO 15. To demonstrate the ability to act socially responsibly and publicly consciously on the basis of ethical reasons (motives), respect for diversity and interculturality.

PLO 16. To demonstrate the skills of independent work, flexible thinking, openness to new knowledge, be critical and self-critical.

PLO 17. To perform research individually and/or in a group under the guidance of a leader.

2. Programme and structure of the discipline

Modules and topics	Number of hours													
	full-time							part-time						
	weeks	total	including					total	including					
			l	p	lab	ind.	s.st.		l	p	lab	ind	s.st.	
Module 1. Theoretical foundations managing emotional intelligence														
Topic 1. Essence, characteristics, structure of emotional intelligence	1-2	23	4	4			15							
Topic 2. Management of emotions	3-4	23	4	4			15							
Topic 3. Methods and ways to measure emotional intelligence	5-6	23	4	4			15							
Topic 4. Emotional competence of a manager as a component of project management	7-8	23	4	4			15							
Total for module 1		92	16	16			60							
Module 2. Practical principles of managing emotions														
Topic 1. Conflict: essence, structure, resolution strategies	9-10	30	5	5			20							
Topic 2. Stress management in crisis situations at the enterprise	11-12	30	5	5			20							
Topic 3. Manipulation Control: Modern Approaches	13-15	28	4	4			20							
Total for module 2		88	14	14			60							
Total hours		180	30	30			120							

3. Topics of lectures

No.	Topic	Hours
1	Essence, characteristics, structure of emotional intelligence	4
2	Management of emotions	4
3	Methods and ways to measure emotional intelligence	4
4	Emotional competence of a manager as a component of project management	4
5	Conflict: essence, structure, resolution strategies	5
6	Stress management in crisis situations at the enterprise	5
7	Manipulation Control: Modern Approaches	4
	Total	30

4. Topic of laboratory (**practical**, seminars) classes

No.	Topic	Hours
1	Essence, characteristics, structure of emotional intelligence	4
2	Management of emotions	4
3	Methods and ways to measure emotional intelligence	4
4	Emotional competence of a manager as a component of project management	4
5	Conflict: essence, structure, resolution strategies	5
6	Stress management in crisis situations at the enterprise	5
7	Manipulation Control: Modern Approaches	4
	Total	30

5. Topics of self-study

No.	Topic	Hours
1	Detecting the level of emotional intelligence	30
2	Creating the strategy of emotional intelligence in the project	30
3	Choosing the strategy of conflict overcoming	30
4	Stress management: positive and negative consequences	30
	Total	120

6. Methods of assessing expected learning outcomes:

- oral or written survey;
- interview;
- test;
- defending practical, design works;
- peer-to-peer assessment, self-assessment.

7. Teaching methods (*select necessary or add*):

- problem-based method;
- practice oriented studying method;
- case method;
- project education method;
- flipped classroom, mixed education method;
- research based method;
- learning discussions and debates method;
- team work, brainstorm method.

8. Results assessment.

The student's knowledge is assessed by means of a 100-point scale converted into the national grades according to the "Exam and Credit Regulations at NULES of Ukraine" in force

8.1. Distribution of points by types of educational activities

Educational activity	Results	Assessment
Module 1. Theoretical foundations managing emotional intelligence		
Practical work 1. Essence, characteristics, structure of emotional intelligence	PLO 15, 16, 17. Including understand the essence of emotional intelligence; be able analyze and manage emotions; know and be able to use methods and ways to measure emotional intelligence; know what emotional competence of a leader is.	10
Practical work 2. Management of emotions		10
Self-study 1. Detecting the level of emotional intelligence		15
Practical work 3. Methods and ways to measure emotional intelligence		10
Practical work 4. Emotional competence of a manager as a component of project management		10
Self-study 2. Creating the strategy of emotional intelligence in the project		15
Module control work 1.		30
Total for module 1		
Module 2. Practical principles of managing emotions		
Practical work 5. Conflict: essence, structure, resolution strategies	PLO 15, 16, 17. Including understand essence, structure and solution strategies of conflicts; be able manage stress in crisis situations; know modern approaches to controlling manipulations.	12
Self-study 3. Choosing the strategy of conflict overcoming		17
Practical work 6. Stress management in crisis situations at the enterprise		12
Practical work 7. Manipulation Control: Modern Approaches		12
Self-study 4. Stress management: positive and negative consequences		17
Module control work 2.		30
Total for module 2		
Class work	$(M1 + M2)/2 * 0,7 \leq 70$	
Exam	30	
Total for year	$(\text{Class work} + \text{exam}) \leq 100$	

8.2. Scale for assessing student's knowledge

Student's rating, points	National grading (exam/credits)
90-100	excellent
74-89	good
60-73	satisfactory
0-59	unsatisfactory

8.3. Assessment policy

Deadlines and exam retaking rules	works that are submitted late without valid reasons will be assessed with a lower grade. Module tests may be retaken with the permission of the lecturer if there are valid reasons (e.g. a sick leave).
Academic integrity rules	cheating during tests and exams is prohibited (including using mobile devices). Term papers and essays must have correct references to the literature used
Attendance rules	Attendance is compulsory. For good reasons (e.g. illness, international internship), training can take place individually (online by the faculty dean's consent)

9. Teaching and learning aids:

- e-learning course of the discipline “Managing Emotional Intelligence” (<https://elearn.nubip.edu.ua/course/view.php?id=4930>);
- lecture notes, presentations.

10. Recommended sources of information

1. Goleman D. Emotional intelligence. London : Bloomsbury , 2020. 352 p.
2. Hardy B. Don't force yourself. An alternative to willpower. Kyiv: Nash format, 2019. 314 p.
3. Bru-Luna LM, Martí-Vilar M, Merino-Soto C, Cervera-Santiago JL. Emotional Intelligence Measures: A Systematic Review. *Healthcare (Basel)*. 2021 Dec 7;9(12):1696. doi: 10.3390/healthcare9121696.
4. Davidson R., Goleman D., Nove J. The impact of meditation on consciousness, body and brain. Kyiv: Nash format, 2019. 346 p.
5. Macke R. Understanding Emotions. Kyiv: Prostir, 2019. 288 p.
6. Spytyska, L. Emotional intelligence and its impact on human life in the global world. *Scientific Studios on Social and Political Psychology*, 2023, 29(2), 26-35. <https://doi.org/10.61727/ssppj/2.2023.26>
7. Vodyanka L. D., Bortnyak I. O. The influence of emotional intelligence on the performance of employees. *In The 3rd International scientific and practical conference “ Modern research in science and education ”. BoScience Publisher, Chicago , USA . 2023. p. 946.*
8. Kotyk T. M. New Ukrainian School: theory and practice of forming emotional intelligence in primary school students: teaching and methodological manual for primary school teachers. Ternopil: Aston , 2020. 198 p.
9. Sushik I. Khvesyk O. Formation and development of emotional intelligence: thoughts of D. Gouleman . *Social and humanitarian studies: innovations, challenges and prospects . Zhytomyr, 2023. 338 p.*
10. Demyanova T. I. Certain aspects of understanding emotional intelligence as the basis of personnel management. Odesa, 2022. Pp. 173-175.
11. Pavlov O. S., Martovytsky V. O. Emotional intelligence in the system of professionally important human qualities. *Editorial board* , 2020. pp. 248-253.
12. National Library of Ukraine named after V.I. Vernadsky . URL: <http://www.nbuv.gov.ua/>
13. Hera Antonopoulou The Value of Emotional Intelligence: Self-Awareness, Self-Regulation, Motivation, and Empathy as Key Components. *Technicum Education and Humanities*, Vol.8. pp.78-92 (2024). DOI: [10.47577/teh.v8i.9719](https://doi.org/10.47577/teh.v8i.9719)
14. Emotional Intelligence. Psychology today. URL : <https://www.psychologytoday.com/us/basics/emotional-intelligence>

15. How to improve your emotional intelligence. Harvard division of continuing education. URL : <https://professional.dce.harvard.edu/blog/how-to-improve-your-emotional-intelligence/>
16. What is Emotional Intelligence and Why it Matters at Work. Thomas. URL : <https://www.thomas.co/resources/type/hr-guides/what-emotional-intelligence-and-why-it-matters-work>