



Course: The Five Pillars of EQ (EMOTIONAL INTELLIGENCE) How to Walk in the Spirit.

Course Syllabus

The Five Pillars of EQ- Emotional Intelligence - How to Walk in the Spirit, is a transformative and interactive group coaching experience course that reveals obstacles to growth and self-sabotaging mindsets resulting in the ability to respond and resolve personal challenges in order to live up to the fullness of your potential and design by God as an individual or organization. You will learn tools that you can employ to bring the scriptures alive from mere theory and concept and how to teach these powerful tools to others. You will experience the following learning outcomes:

- **Romans 12:2-3** - how to be transformed by the renewing of your mind and ACTUALLY become more like Christ.
- **Hebrew 4:12**- How to experience the dividing of soul (mind, will, emotion) and spirit, (and flesh) so you understand how to walk in the Spirit, ACTUALLY!.
- **Proverbs 23:7**- As a man thinks in his heart, so is he... How our feelings and behaviors are generated by our thinking at a heart level and how to ensure that our thinking agrees with God ACTUALLY.
- **Proverbs 4:23**- How to guard your heart above all things for OUT of it FLOWS the issues of life. You will learn how life flows from you not to you and how you are powerful in God's design to determine your experience of life.
- **2 Cor. 10:4-5**- The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. You will learn to identify your thinking, the truth, the lie, and be empowered to choose to agree with the TRUTH ACTUALLY.

What you will experience:

- The Inducer Transformation System- your key to permanent shifts and lasting change
- A deeper understanding of how your choices impact your outcomes
- Ability to Identify patterns of thinking hidden inside yourself that cause failure
- Growth in Self-governing or the spiritual fruit of self-control

THE 5 PILLARS OF EQ

This is not a mere information dump! Rather, a core set of experience modules and tools that produce transformation- permanent shifts and lasting change in **YOUR LIFE AND LEADERSHIP!**

Grow your leadership skills of:

- Focus, Self-Awareness,
- Personal Responsibility,
- Creativity and Innovation,
- Communication Mastery,
- Empathetic Listening,
- Giving and Receiving Feedback,
- Problem Solving,
- Goal Setting and Follow Through,

- Making and Keeping Agreements,
- Creating Margins in work/life Balance,
- Conflict Resolution and more...



Course Name: The Five Pillars of EQ (Emotional Intelligence) How to Walk in the Spirit

Semester: Winter / Spring 2022

Format: Zoom Virtual Classroom / Multimedia / 1 on 1 / small group or partners

Instructor: Dr. Randall Bixby,

Email: Randyb.culturalarchitects@gmail.com,

Phone: 515.229.3067:

Website: www.culturalarchitects.org

Office Hours: By Appointment

See Dates and Class Schedule Below

Grading Procedures:

20%- Attendance and participation

20%- Required videos and class assignments, reading

20%- Quizzes

20%- Written project

20%- 1on 1 with Dr. Bixby and/or small group discussion and class presentation (where applicable)

Important Details:

Specific Class Schedule / quiz schedule, assignment schedule, final reports and presentation information (Master's and Doctorate) will be handed out on the first day of class.

Prior to class -

Purchase and complete a DiSC Profile- special Primus price \$50 save \$10 – Purchase with your course registration with Cultural Architects at <https://www.culturalarchitects.org/offers/v4Z9F79M>

Academic Integrity:

Each student in this course is expected to abide by the Primus University of Theology Code of Academic Integrity. Any work submitted by a student in this course for academic credit will be the student's own work (plagiarism software is standard). For this course, collaboration is allowed in the following instances: Assigned Blended Projects within Virtual Classroom.

Students will receive zero credit for a plagiarized assignment or test. The Academic Dean will also be notified. Consequences for violation of this Code can also be extended to include failure of the course.

Registration for the Class:

Register through Primus for University credit and pay them directly <https://primusuniversityoftheology.com>

Register with Cultural Architects here: <https://www.culturalarchitects.org/offers/v4Z9F79M>

\$300 course fee

\$50 DiSC Profile

\$20 Cultural Architects Journal- Journeys of Faith and Character (book)

\$370 total



DETAILS: 3 credit hour courses for Undergraduate / Master's / Doctorate:

The Five Pillars of EQ (EMOTIONAL INTELLIGENCE) How to Walk in the Spirit.

Undergraduate - introduction to the discipline related theories, ideas, and issues via books, journals, and multimedia materials

Freshman / Sophomore

Level 1- Introduction to the 5 Pillars of EQ (Emotional Intelligence)

(Experiential workshop / video / reading / writing)

Classes:

8 - weekly 2-hour classes face to face - 16 hours Live the first time through and then 8 hours recorded and 8 hrs live.

Assignments:

2 hours+ per class of Learning Module Videos, and working the modules (16 hours+)

Quizzes:

8- essay quizzes- answers to learnings from each class and homework with Learning and application from each class (8 hours+)

Required Reading: Undergraduate Freshman/Sophomore

Level 1- 375 pages minimum. (20 hours)

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

The Cultural Architect's Journal-Journeys of Faith and Character... Dr. Randall Bixby – 152 pages

Pages from my Book The Family Legacy - section on Emotional Intelligence and experiential learning (free) invite to purchase my book 20 pages

Written Final Project

2,000 - 3,000 and 3-5 reference citations- 8-page final written report (20 hours +)

Additional:

1 on 1 session with Dr. Bixby (1 hour)

10 or more students preferred for best interactive results

Junior / Senior

Level 2- Introduction to The Five Pillars of EQ (Emotional Intelligence) (Experiential Workshop/ video/reading/writing)

Classes:

8 - weekly 2-hour classes face to face - **16 hours** Live (1st time through and then 8 hours recorded and 8 hrs live.



Assignments:

2 hours+ per class of Learning Module Videos, and working the modules **(16 hours+)**

Quizzes:

8- essay quizzes- answers to learnings from each class and homework with Learning and application from each class **(8 hours+)**

Required Reading: Undergraduate

Level 2- 525 pages. (20 hours)

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

The Cultural Architect's Journal-Journeys of Faith and Character... Dr. Randall Bixby – 152 pages

Pages from my Book The Family Legacy - section on Emotional Intelligence and experiential learning (free) invite to purchase my book 20 pages

Written Final Project:

2,500 - 3,500 and 5-10 reference citations - 10-page double spaced final written report **(25 hours +)**

Additional:

1 on 1 session with Dr. Bixby (1 hour)

10 or more students preferred for best interactive results

Graduate

Master's - Learner begins to apply discipline related theories, ideas, issues discovered in books, journals, multimedia materials to personal, work, life, and ministry situations.

Level 3- Leading with The Five Pillars of EQ (Emotional Intelligence)

Classes:

8 - weekly 2-hour classes face to face - **16 hours** Live (1st time through and then 8 hours recorded and 8 hrs live.

Assignments:

2 hours+ per class of Learning Module Videos, and working the modules **(16 hours+)**

Quizzes:

8- essay quizzes- answers to learnings from each class and homework with Learning and application from each class **(8 hours+)**

Small Group Lab:

2- 1-hour small group discussions on how students are applying their EQ learning to their lives, ministries, businesses. **(2 hours)**



Required Reading

Level 3 Master's 750 pages (26 hours)

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

The Cultural Architect's Journal-Journeys of Faith and Character... Dr. Randall Bixby – 152 pages

Pages from my Book The Family Legacy - section on Emotional Intelligence and experiential learning (free) invite to purchase my book 25 pages

Overcoming the Five Dysfunctions of a Team- Patrick Lencioni - 229 pages

Written Final Project:

3,500 - 4,500 and 10-15 reference citations - 14-page double spaced final written report on principle and application to your life and ministry. **(30 hours +)**

Final Group Project Presentation:

20 minutes class presentation on the application of a High EQ Culture in Ministry. **(5+ hours)**

Additional:

1 on 1 session with Dr. Bixby (1 hour)

8 or more students preferred for best interactive results

Doctoral- Learner identifies gaps or tensions in the existing discipline-related empirical and professional literature in order to create new knowledge that can be expressed as a qualitative or quantitative contribution to the existing body of knowledge.

Level 4- Leading with The Five Pillars of EQ (Emotional Intelligence)

Classes:

8 - weekly 2 hour classes face to face - **16 hours** Live (1st time through and then 8 hours recorded and 8 hrs live.

Assignments:

2 hours+ per class of Learning Module Videos, and working the modules **(16 hours+)**

Quizzes:

8- essay quizzes- answers to learnings from each class and homework with Learning and application from each class **(8 hours+)**

Small Group Lab:

3- 1-hour small group discussions on gaps and new knowledge on EQ that can be applied in Kingdom ministry **(3 hours)**

**Required Reading****Level 4 Doctorate 1050 pages (30 hours)**

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

Pages from my Book The Family Legacy - section on Emotional Intelligence and experiential learning (free) invite to purchase my book 25 pages

The Cultural Architect's Journal-Journeys of Faith and Character... Dr. Randall Bixby – 152 pages

Overcoming the Five Dysfunctions of a Team- Patrick Lencioni - 229 pages

Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining

Emotionally Immature 240 pages

Written Final Project:

4,500 - 5,500 and 15-20 reference citations - 18-page double spaced final written report on principle and application to your life and ministry. (Research and application in new organization or leadership role.) **(40+ hours)**

Final Group Project Presentation:

20 minutes class presentation on new application of a High EQ Culture in Ministry. **(5+ hours)**

Additional:

1 on 1 session with Dr. Bixby **(1 hour)**

5 or more students preferred for best interactive results



SCHEDULE
The Five Pillars of EQ - How to Walk in the Spirit

Tuesdays 5pm-7pmPDT/6pm-8pmMDT/7pm-9pmCDT/8pm-10pm EDT

Class 1- February 15, 2022

Class 2- February 22, 2022

Class 3- March 1, 2022

Class 4-March 8, 2022

Class 5- March 15, 2022

Class 6- March 22, 2022

Class 7- March 29, 2022

Class 8- April 5, 2022

Class 1

Intro to EQ

P.I. Tool

Empathetic Listening

Class 2

Giving and Receiving Feedback

The Power of Agreements

Class 3

Social Contract

DiSC Assessment review

Debrief Card / Feedback

Class 4

Fact / Story

Powerful / Powerless

Class 5

(Target Goals) Reading discussion groups

Tolerations

Class 6

Complete anything left unfinished above.

Conflict Resolution / Crucial Conversations

Class 7

OOOH NO

Palms Together

Class 8

Problem Solving Mindsets

First Day / Last Day

Review 5 Behaviors



Required Reading:

Undergraduate

Level 1- 375

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Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

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Level 2- 525

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

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Master's

Level 3- 750

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Doctorate

Level 4- 1,050

Emotional Intelligence 2.0 280 Pages- Travis Bradberry and Jean Greves

Crucial Conversations- Grenny, Patterson, McMillan - Crucial Conversations- Tools for talking when the stakes are high 272 pages

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