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A young man with dark hair, wearing a light blue button-down shirt and blue jeans, stands in the center of the image. He is carrying a black backpack and holding a stack of colorful books and notebooks in his arms. The background is a blurred outdoor setting with a building and some greenery.

SYLLABUS FOR CERTIFIED EMOTIONAL INTELLIGENCE & RESILIENT LEADER (CEIRL)®

Offered by: Global Institute for Leadership, Human Resources and Project Excellence (AGILE-HRP)®

PROGRAM DESCRIPTION

The **Certified Emotional Intelligence & Resilient Leader (CEIRL)®** is a globally respected certification designed to empower leaders with the emotional agility and mental resilience required in today's volatile, uncertain, complex, and ambiguous (VUCA) world. This certification equips professionals with the skills to lead empathetically, manage emotional responses, handle crises, cultivate mental strength, and foster high-performing teams in high-pressure environments. CEIRL® blends neuroscience, leadership science, positive psychology, and emotional intelligence frameworks for adaptive and transformational leadership.

This certification is ideal for team leaders, HR professionals, healthcare and emergency services managers, educators, military and public service leaders, and executives operating in high-stakes environments.

COURSE LEARNING OUTCOMES

Upon successful completion, learners will be able to:

1. Demonstrate mastery of emotional intelligence (EQ) principles to build trust and collaboration.
2. Assess and strengthen personal resilience and stress-management capabilities.
3. Lead with empathy, transparency, and adaptability in challenging situations.
4. Implement resilience frameworks for individual and team performance.
5. Manage difficult conversations and conflict with emotional regulation techniques.
6. Design psychologically safe and inclusive team cultures that promote well-being and accountability.
7. Apply emotional intelligence strategies to decision-making, change, and crisis leadership.



TARGET AUDIENCE

- Middle to Senior-level Managers
- Team Leaders and Project Coordinators
- Healthcare and Public Service Professionals
- Executive Coaches and HR Leaders
- Emergency Response and Military Leaders
- Education and Nonprofit Leaders

EMPLOYMENT OUTLOOK (U.S. BUREAU OF LABOR STATISTICS):

According to the U.S. Bureau of Labor Statistics (2024), employment in leadership, mental wellness, and human capital development roles is projected to grow by 7% between 2022–2032. Increasing workplace emphasis on resilience, mental health, and emotional intelligence has led to growing demand for certified professionals in this area. Leaders skilled in emotional intelligence earn up to \$15,000 more annually than their peers, with organizational resilience roles projected to expand in both public and private sectors.

CAREER PATHS FOR CEIRL® HOLDERS:

- Resilience & Wellness Program Manager
- Emotional Intelligence Coach/Consultant
- Leadership Development Facilitator
- Chief Well-being or People Officer
- Organizational Culture and Engagement Leader
- High-Stakes Crisis Response Manager
- Team Performance & Change Strategist



MODULES AND SUBMODULES

Module 1: Foundations of Emotional Intelligence

- 1.1 Overview of Emotional Intelligence (EQ)
- 1.2 The Five Components of EQ (Goleman's Model)
- 1.3 Neuroscience and Emotion Regulation

Module 2: Self-Awareness and Emotional Mastery

- 2.1 Recognizing Triggers and Thought Patterns
- 2.2 Self-Reflection and Mindfulness Techniques
- 2.3 Growth Mindset and Personal Resilience

Module 3: Empathy and Social Awareness

- 3.1 Understanding Others' Perspectives
- 3.2 Navigating Emotions in Diverse Teams
- 3.3 The Role of Empathy in Inclusion and Leadership

Module 4: Resilient Thinking and Stress Adaptation

- 4.1 The Psychology of Resilience
- 4.2 Building Cognitive and Emotional Flexibility
- 4.3 Strategies for Burnout Prevention

Module 5: Crisis Leadership and Mental Toughness

- 5.1 Leading Through Uncertainty and Crisis
- 5.2 Tools for Mental Fortitude and High-Stress Response
- 5.3 Modeling Calm and Stability in VUCA Environments

Module 6: Emotional Intelligence in Team Leadership

- 6.1 Building Emotionally Intelligent Teams
- 6.2 Facilitating Trust and Transparent Communication
- 6.3 Managing Feedback and Difficult Conversations

Module 7: Conflict Resolution and Influence

- 7.1 Emotionally Intelligent Negotiation
- 7.2 Influence without Authority
- 7.3 Transforming Conflict into Collaboration

Module 8: Culture, Belonging, and Psychological Safety

- 8.1 Creating Safe and Open Team Environments
- 8.2 Encouraging Vulnerability and Team Accountability
- 8.3 DEI and Emotional Climate in the Workplace

Module 9: Adaptive Leadership and Change Management

- 9.1 EQ and Change Agility
- 9.2 Leading Emotionally Through Organizational Change
- 9.3 Addressing Resistance with Empathy and Strategy

Module 10: Capstone Simulation & Resilience Blueprint

- 10.1 EQ Simulation Assessment & Peer Feedback
- 10.2 Designing a Resilience Leadership Blueprint
- 10.3 Final Capstone Presentation & Debrief

CERTIFICATION EXAM DETAILS

- **Format:** 100 Multiple Choice Questions
- **Duration:** 90 Minutes
- **Passing Score:** 70%
- **Retake Policy:** One retake allowed within 3 months
- **Delivery:** Online, proctored via secure testing platform

CERTIFICATION TESTING OUTCOMES

The CEIRL® exam evaluates real-world capabilities in:

- Applying EQ to team leadership and communication
- Managing emotions in high-pressure settings
- Resolving conflict and resistance empathetically
- Leading team well-being, resilience, and engagement programs
- Navigating leadership responsibilities through change and disruption



ACCREDITATION AND RECOGNITION

The CEIRL® certification is recognized by both government and private sector institutions for leadership development, mental health support strategy, and crisis leadership programs. Accredited under ISO/IEC 17024 (Personnel Certification), it is endorsed by AGILE-HRP® and integrated into executive wellness, DEI, and resilience training curricula globally. CEIRL® is aligned with WHO and APA recommendations on organizational resilience and employee well-being.

CERTIFICATION DELIVERABLES

- Digital Certificate: Certified Emotional Intelligence & Resilient Leader (CEIRL)®
- Digital Badge (LinkedIn, Email Signature, Resume)
- Official Transcript with Credential ID
- Lifetime Access to AGILE-HRP® Resilience Leaders Forum
- Downloadable Toolkits: EQ Assessment Forms, Conflict Scripts, Resilience Blueprint Templates

PROGRAM FORMAT

- **Duration:** Whenever ready
- **Mode:** 100% Online, Self-Paced with Mentor Support
- **CEUs Awarded:** 30 Continuing Education Units
- **Support:** Peer Collaboration, Mentorship & Live Office Hours

ELIGIBILITY REQUIREMENTS

- Minimum 2 years in a supervisory, HR, or leadership role
- Bachelor's degree or equivalent practical experience
- Interest in developing teams with compassion, trust, and high performance

NEED ASSISTANCE?

For queries or certification support:

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