

# **Emotion in Motion: Understanding and Managing Emotions Across Life and Contexts**

## **Blended Intensive Programme “Alexandru Ioan Cuza” University, Iași, Romania**

### ***Call for partners***

#### **What is it about?**

This program explores the fascinating interplay between emotion and cognition across different life domains — from personal development and family dynamics to educational, organizational, and therapeutic contexts.

Throughout the week, participants will examine how emotions shape our thoughts, behaviors, and decisions, as well as how they can be effectively recognized, expressed, or regulated in everyday life. The programme bridges theoretical insights with practical applications, aiming to develop emotional awareness and management skills relevant for both personal and professional growth.

The event combines lectures, workshops, and interactive activities delivered by university staff and practitioners in psychology and education. Sessions will cover a range of topics, including emotional development in children, emotion regulation and concealment, emotional intelligence in organizations, and the role of emotions in cognitive processes such as attention, memory, and decision-making.

#### **Where?**

"Alexandru Ioan Cuza" University of Iasi, Romania

#### **When?**

Physical component 8–12 June 2026

Virtual component 15-20 June 2026

#### **Who should attend?**

The programme is open to students (Bachelor, Master, or PhD) and staff interested in the psychology of emotions, education, social sciences, or applied psychology. It is particularly suitable for those studying or teaching in areas such as emotional and cognitive interplay, personal development, counseling, education or organizational behavior.

#### **Learning outcomes**

Advanced understanding of the interconnections between emotion and cognition.

Awareness of how emotions influence behavior, communication, and decision-making.

Knowledge of strategies for emotion regulation and emotional expression across contexts.

Skills for identifying and managing emotions in professional and interpersonal relationships.  
Increased sensitivity to cultural and developmental differences in emotional experience.

## Benefits

3 ECTS Credits

## Course structure. Main topics

The physical component consists of five days of sessions from 5<sup>th</sup> of May to 9<sup>th</sup> of May. During The **physical component** (8–12 June 2026) consists of five days of lectures, discussions, and workshops on themes such as:

- Theoretical and applied approaches to emotion and cognition
- Practical workshops on personal development
- Emotions in childhood and adolescence
- Emotions in couples and family relationships
- Emotions and organizational dynamics
- Emotion regulation, concealment, and communication
- Emotions and decision-making: cognitive mechanisms and social influences
- Practical methods for assessing and training emotional competences

The **virtual component** (15-20 June 2026) will include follow-up online workshops summarizing the main theoretical models of emotions and their cognitive correlates. Participants will then work on short collaborative exercises — individually or in pairs — aimed at reflecting on and applying what they learned during the physical sessions.

The event also includes coffee breaks and social activities organized by the program coordinators, providing opportunities for networking and informal discussions.