

PERSONAL LEADERSHIP

Personal and Workplace Effectiveness with Emotional Intelligence

Harvard Business Review asserts that emotional intelligence is a prerequisite of effective leadership. Without it, leaders fail to recognize their own emotions or comprehend the emotions and actions of others. This program develops emotional intelligence required not only to understand and regulate self but also to persuade, motivate, and inspire others. Thus, resulting in better relationship management that extends beyond work life. Participants equipped with emotional intelligence become more effective leaders in various circumstances.

Learning Outcomes:

- Learn, develop, and apply emotional intelligence
- Be able to persuade, motivate and inspire others to act
- Be in the right emotional state while managing relationships at work and personal life
- Be more creative and enhance effectiveness in work and life
- Form healthy and trusting relationships



RM1071/pax

(Inclusive of EQ Assessment Fee and 6% SST)



Executives & Emerging Leaders



1 Day (7 hours)



[View Program Calendar Here](#)

Training Methodology:



Live Virtual Instructor



EQ-i 2.0 Workplace Assessment



Role Play and Social Learning



Case Studies and Group Discussions



Interactive Learning Activities

EQ-i 2.0 Assessment Report:



EQ-i 2.0® and EQ 360® is the first Emotional Intelligence Assessment to be validated and is currently one of the Emotional Intelligence Assessment with highest validity and reliability scores in the world. Paired with research from premier organizations, it is currently used in over 60+ countries for all level organizations from Fortune 100 companies to government and military services. Thus, giving you valuable insights into areas of development in Emotional Intelligence.



PROGRAM **OUTLINE**

Module 1: Why EQ?

- 1.1 Defining EQ
- 1.2 IQ vs. EQ
- 1.3 The Case for EQ

Module 2: Becoming Self-Aware

- 2.1 Self-Awareness Explained
- 2.2 Self-Manage for Success
- 2.3 "Tuning-in" – Emotional Meanings and Accepting them
- 2.4 Feeling Log
- 2.5 Naming that Feeling
- 2.6 Robert Plutchik's Wheel of Emotions
- 2.7 Your EQ-i 2.0 Report
- 2.8 Recognizing Patterns

Module 3: Regulating Your Emotions

- 3.1 'EQ' in Action
- 3.2 Emotional Science
- 3.3 Amygdala Hijack - What's Happening Inside Our Head When We Lose Control
- 3.4 Using Coping Methods
- 3.5 Using Emotions to Facilitate Thinking

Module 4: Self-Motivation

- 4.1 Optimism
- 4.2 Pessimism
- 4.3 The Power of Re-Framing: The Balance between Optimism and Pessimism
- 4.4 Engage in Intrinsic Motivation

Module 5: Social Awareness – Emotional Intelligence and Others

- 5.1 Being Open/Curious, Tuning into Others' Emotions
- 5.2 Perceiving Others' Emotions
- 5.3 Empathy
 - What are the Barriers to Empathy?
 - Developing Your Empathy
 - Empathizing with Others

Module 6: Relationship Management and Goals

- 6.1 Emotional Intelligence and Your Goals
- 6.2 Articulate your Emotions Using Language
- 6.3 Understand Emotions and How to Manage Them in the Workplace
- 6.4 Handling Conflicts - Disagreeing Constructively and Being Assertive

Module 7: Putting it Together

- 7.1 Evaluate your EQ Strengths & Areas of Growth
- 7.2 Action Plan to Improve your EQ

TRAINER **PROFILE**



JOSEPH TAN

Joseph is a dynamic trainer, consultant and learning facilitator with upbeat humour in team building, motivation training and coaching. Joseph holds a Master of Arts in Counselor Education from the Western Michigan University, USA. He was formerly a Resource Pool Lead at Accenture Solutions (a global IT Consulting company), managing the talent pool within one of its business units in the ASEAN region.

Having the passion to continually engage with different individuals and making positive impact in the lives of others, he has embarked into the journey of corporate training and coaching. He has been leveraging on his background in Counselling, Recruitment, and Talent Management in delivering and facilitating learning and development programs, engaging with utmost interactivity with participants from diverse backgrounds and industries.

A believer in lifelong learning, Joseph is also convinced that to be able to inspire change and development in others, one must first work in unceasingly developing oneself and refining one's thoughts and mindset. Ever since he has made people learning and development his business, Joseph has been on a journey of continual learning and development himself to be an extremely effective catalyst for change in others.

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