

*“Anyone can become angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way - this is not easy.”*

*- Aristotle*

  
**EMOTIONAL  
INTELLIGENCE**



Emotions are the basic character of human beings. They are there with us since our evolution. Managing our own emotions and understanding the emotions of others is at the heart of any relationship- personal or professional.

Being Intelligent versus being Emotionally Intelligent is the subtle yet great difference between being a performer and a Star performer. Be it any one: A CEO, A Manager, A Student or a House Wife, Emotional Intelligence matters a lot. The best part is, that it can be learnt and you can build upon these competencies to bring about, not only a mere change, but a Sustainable Change, an Elegant Change.

World-renowned models, tools and techniques, the right mix of science and spirituality makes this program unique and acceptable. The concepts are explained with simplicity, which make profound understanding with lot of ease and interest.



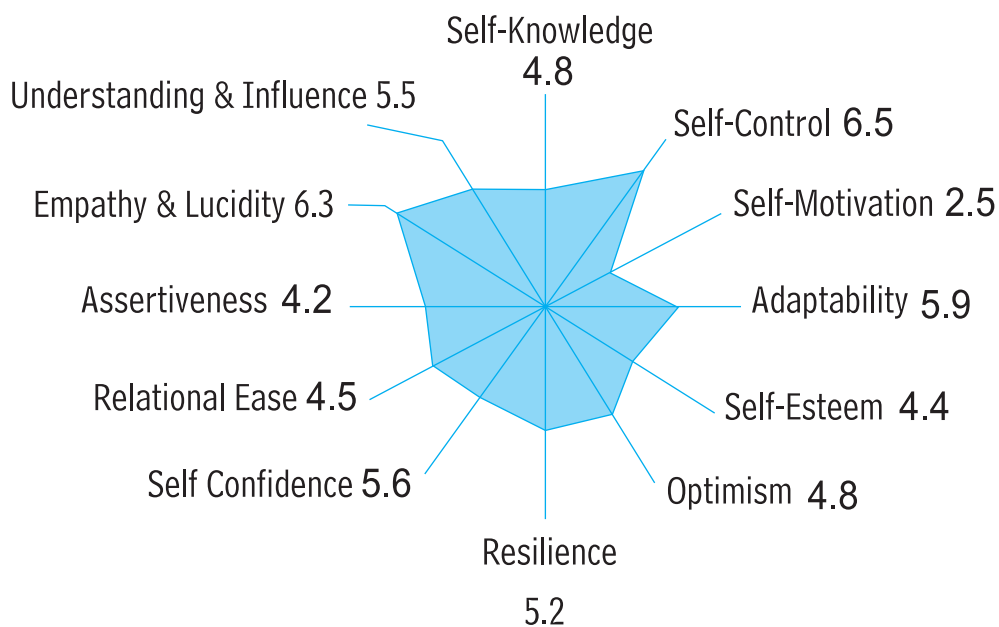
This unique two-day program deals with :

- 1 Effectively managing emotions of self and others.
- 2 Measuring your Emotional Quotient (EQ) with internationally acclaimed tools.
- 3 Developing an insight into the individual's EI profile and identifying ways of leveraging this.
- 4 Making participants to learn how to respond and not to react.
- 5 Understand the Five Domains of EI.
- 6 Apply tools to enhance EI competencies thereby handling unpleasant & destructive emotions.
- 7 Apply EI to establish positive relationship on personal and professional front.
- 8 Enable Conflict Resolution.
- 9 Develop a goal oriented approach in personal & professional life.
- 10 Develop empathetic people skills & effectively manage other's emotional response.
- 11 Managing destructive emotions.



The participants need to undergo an EQ Assessment test, preferably on-line, prior to the workshop. The test is internationally acclaimed and it is developed by a group of renowned Psychologists and covers the two dimensions viz the personal dimension and the relational dimension,

### Partial Representation of Sample EQ Profile





## Workshop Contents

- ❖ What is Emotional Intelligence
- ❖ Significance of EI in daily life
- ❖ Belief System & its relation with emotions
- ❖ Emotions and its genesis
- ❖ Self Talk & Self Talk Awareness
- ❖ Various models to enhance its awareness
- ❖ REBT Perspective & ABC model
- ❖ Understanding types of emotions
- ❖ Analyzing your triggers
- ❖ Enhancing EI Competencies (the five attributes of EI)
- ❖ Destructive Emotions
- ❖ Empathy and Communication.



## Post Follow Through

This is a unique power feature of this program and adds tremendous value to the learning of the participants. It helps us tracking their understanding graph and leverage the profound understanding for application of the learning gained. It ensures that the participants invite the actions in their real life. The 3-months of meticulous post - follow up consist of:

- Follow up through Emails
- Teleconference (with internal assistance)
- BOOSTER SESSIONS** through teleconference of 90 minutes each
- Personal review sessions (optional)
- Especially designed workbooks to assist participants to form the desired habits charted in their Personal Action Plan.



At the end of the workshop, participants would be able to -

- ✓ Recognize and hence understand emotions of self & others
- ✓ Be aware of their own self-talk thereby regulating their emotions (and hence its impact) effectively
- ✓ Maintain better interpersonal relationships
- ✓ Leverage emotion of self & others
- ✓ Handle and resolve conflicts
- ✓ Channelize self and team towards shared goals, thereby enhancing productivity

 **Max no of Participants : 20-25**

 **Who should attend :**

CEOs, Managers, Leaders, Professionals,  
Students (Graduates and above), Home Makers, etc.

 **Duration : 2 Days**



The workshop proceeds with

- ▶ EQ Measurement (prior to workshop)
- ▶ Individual feedback session on his/her EQ Profile
- ▶ Interactive personal and group activities
- ▶ Exercises and case studies
- ▶ Role-plays
- ▶ Personal Feedback



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Date & Time

Venue