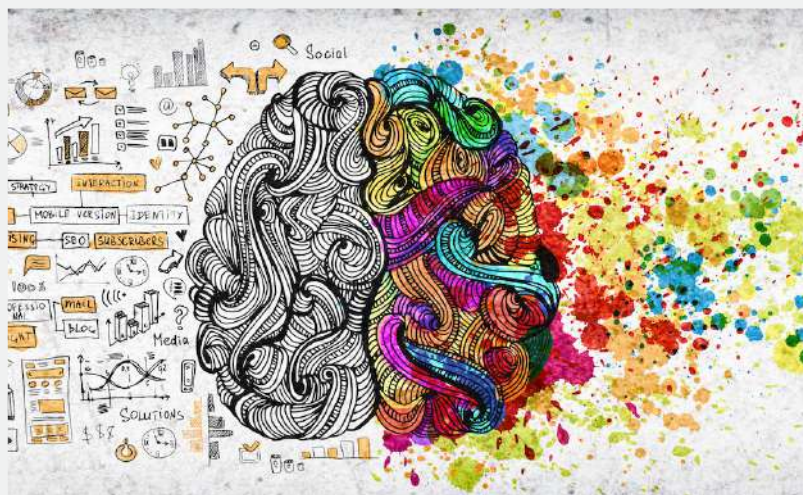


# Emotional Intelligence in Action



**June 14-15, 2022**  
**9:00 am- 5:00 pm**

**F2F Karachi**

**With Our Expert**



**Dr. Hanif Mohammed**

Dr. Hanif Mohammed specializes in the areas of Strategy, Business Management and Human Resource Management. He holds a PhD in Business Administration with specialization in Strategy from Switzerland and California, USA. He holds an MBA in Marketing with a double-major in HRM and leadership. He holds an M.Phil from LUMS and McGill University, Canada. Whereas, he is a Certified Manager in HRM, with specialization in Training and Organizational Development from the American Management Association. He has done various courses like Discussion Leadership, Case Study Conduction and Case Study Researches from the Harvard Business School.

## Contents

- Understanding EI
- Thoughts and triggers of emotions
- EI and Performance (Optimism and pessimism)
- EI competencies
- Developing EI Competence
- Emotional Self Awareness
- Assertiveness
- Self-Actualization
- Empathy
- Social Responsibility
- Stress Tolerance
- Impulse Control
- Optimism
- Happiness

**Course Fee**  
**20,000 Plus Tax**

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