

EQ & Effective Decision Making



November 14, 2022
9:30 am- 5:00 pm

F2F, NIBAF Lahore

With Our Expert



Mr. Salman Shehzad
Project Director, NFLP-Y

Salman Shehzad is an Innovation Consultant, an exuberant International Trainer, Inspirational Speaker and Behavioral Coach with a corporate history of conducting over 150 trainings and workshops on varying subjects across Bangladesh, Sri Lanka, Thailand, Turkey, UK and UAE. With a wide array of dynamic experience, ranging from corporate world, development sector, and public sector to academia, Salman carries with himself, a unique yet interesting pool of expertise. His multilateral pro-ile spreads over 14 years of work and training experience in –financial services, as well as HR development, with both local and international organizations and clients.

Contents

Module 1: Understanding of different quotients and their benefits

- Abraham Maslo's 4 stages of learning
- Footing Steps of EI
- IQ VS EI (EQ) VS SQ
- Benefits of EI/EQ to an individual
- Benefits of EI/EQ to an Organization

Module 2: Role of Emotions in our life and decision Making

- Understanding Human Emotions and Behavior
- Emotional Hijacking
- Emotions and Decision Making
- The trolley Problem
- Self-Assessment EQ test

Module 3: The Supper power to make things right

- The Skills of Emotional Intelligence
- Personal Competence
- Social Competence
- The Goleman's Competency Model
- Optimal Decision Making by Using EQ/EI
- Conclusion and take away

Training Fee
Rs.10000 Plus Tax



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