

Emotional Intelligence



Emotional Intelligence is all about how we make others feel while taking care of our own emotions. In today's world emotional intelligence has now been rated one of the essential for a healthy relationships. Neuroscientifically it has now been proven to not only protect our bodies but our brain. For leadership and work environments it has become essential to feel good and provide results.

Contents

1. Understanding Emotional Intelligence (EI) and its influence in our lives
2. Thoughts and triggers of Emotions
 - Negative vs. Positive Emotions
3. Neuroscience of Emotions
4. EI and Performance
5. EI Competencies
6. Developing EI Competence
 - Self-Awareness
 - Self-Management
 - Self-Actualization
 - Self-Motivations (Turning Negative Emotions into Positive
 - Empathy (Listening to change)
 - Social Intelligence (Building and Maintaining Relationships)
 - Stress Tolerance
 - Impulse Control

Course Fee
10,000 Plus Tax

May 24, 2023
9:30 am-5:30 pm

Online Via Zoom

Trainer



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.



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