

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 features in dealing with people in official environments. Neuro-scientifically it has now been proven to not only protect our bodies but our brain. For leadership and work environments it has now become all the more important to feel good and provide results.



FEBRUARY 14, 2024

9:00 AM – 5:00 PM

F2F, LAHORE

FEE:
PKR 15,000
(Plus Tax)



Emotional Intelligence



COURSE CONTENTS

What Emotional Intelligence is and Why It Matters?

- Definition and Benefits of Emotional Intelligence
- Introduction to Goleman's most recent model of emotional intelligence and its four elements (self-awareness, social awareness, self-management, and relationship management)

Learning to Recognize and Manage Your Emotions

- What are Emotions?
- Describing Feelings and The Wheel of Emotions
- Benefits of Self-Awareness and Self-Management
- Strategies to Improve Self-Awareness and Self-Management
- Open Forum: "Why Developing Emotional Intelligence Is Important?"

How to Recognize and Inspire Emotions in Others

- Recognizing Emotions in Others by Analyzing Body Language, Speech, And Facial Expressions
- Why Social Awareness Is Useful and Ways to Improve It
- Ideas to Improve Relationship Management

The Role of Emotional Intelligence in the Workplace

- Benefits of Emotional Intelligence for Employees and The Organization
- How to Improve Emotional Intelligence at an Organizational Level
- Emotional Intelligence and Leadership

TARGET AUDIENCE:

Staff at all levels who want to maximize their performance by increasing emotion management and improving interpersonal skills.

FACILITATOR

Omer Zaheer Meer

Mr. Meer is a highly skilled professional with expertise in Soft skills, AML, taxation, accounting, finance and management, holding key qualifications such as FCA (ICAEW-UK), CFA Charter, FCCA, CPFA (UK), and various certifications. With over 18 years of leadership experience in top British and Pakistani companies, he is currently serving as the Managing Partner at Millennium Law & Corporate Company and hold directorships on several boards.

As an accomplished trainer, he has conducted sessions on core competencies like soft skills such as negotiation and leadership traits, as well as AML, taxation and finance. His training portfolio includes working with government bodies, major banks, and academic institutions. He has contributed to national and international publications, receiving recognition through ACCA's Exceptional Public Value and National Advocacy Awards. Currently, he is representing Pakistan at the Global Tax Forum, chair the Taxation Clinic at the Lahore Chamber of Commerce and Industry and ACCA's MNP & Tax Committee, and hold various leadership positions in professional committees and organizations. Educationally, he holds a CFA Charter, FCA (ICAEW-UK), FCCA, BFP (ICAEW-UK), CPFA, BSc (Hons) in Applied Accounting, and other professional qualifications from renowned UK institutions. He is also affiliated with global professional bodies such as CFAI (USA), ACCA (UK), UKSIP (UK), CIPFA (UK), PRMIA (USA), PRIMA (USA), ICAEW (UK), LTBA (Lahore Tax Bar Association), and MPDD (Management and Professional Development Department, Government of Punjab).