

Emotional Intelligence

The first step toward achieving good emotional intelligence (EI) is to develop your own emotional self-awareness. This means paying attention to how you are feeling, what you are feeling & why you are feeling it. This seminar gives you the tools you need to identify & manage your emotions. It will focus on helping you to develop emotional intelligence by increasing our self-awareness.

Objectives

At the end of programme, participants should be able to:

- To understand your emotions
- To deal with problems more effectively
- To enjoy better relationships in both work and personal level
- To enable better communication

Outline:

Emotional Intelligence and You

- Identify your own strengths and weakness
- Developing emotional self-awareness
- Learning to manage your emotions

Developing Emotional Intelligent Thinking

- Understanding challenging thoughts
- Making emotionally intelligent thinking your default

Improving Your Emotional Intelligence

- Know the importance of having good resilience
- When managing emotion seems too hard

Emotional Intelligence and Communication

- Learn the art of skilled listening
- Understanding your non-verbal message

Who Should Attend

Anyone who is interested in enhancing their level of self-awareness of how they handle themselves and interact with others.

Seminar Details

Date	: Thursday, 21 February 2019
Duration/Time	: 3 hrs/ 9am to 12noon
Venue	: Hotel Grand Pacific
Net Fee Payable	: \$107.00 (incl. GST\$7)

Fee includes handouts & teabreak.
No refund for cancellation but a replacement will be accepted.

Enroll Now

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