

# 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, 24 January 2019
Duration/Time	: 3 hrs/ 1pm to 4pm
Venue	: Hotel Grand Pacific
<b>Net Fee Payable</b>	<b>: \$107.00 (incl. GST\$7)</b>

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

## Enroll Now

@ Website Registration	: <a href="http://www.ustage.com.sg">www.ustage.com.sg</a>
☎ Contact Hotline	: 6222 2461/ 6221 1241
✉ Email Enquiry	: <a href="mailto:trg@ustage.com.sg">trg@ustage.com.sg</a>
☎ Fax Number	: 6227 3556