

First Time in Chennai - EQ Workshop



April 23rd (Sunday), 9.30AM to 5.30PM

Only 12
Seats

Inviting: Working Professionals/Entrepreneurs/Parents

What, Why, How, who – Transforming through EQ!

What is Emotional Intelligence & EQ?

Academic/ technical abilities are simply the threshold to gain an entry to a career. What makes you a star is your resilience, optimism, initiative, adaptability to change & empathy toward others. EI is the foundation to all critical skills and a door way to 21st Century basic skills like Problem Solving, Collaboration & Critical Thinking not just for Adults & also Kids/Teens to sustain in today's competitive world. With high Intelligence Quotient (IQ) you can be an efficient individual but with a high Emotional Quotient (EQ) you will become a Resonant Leader/ Better Parent/ Build Rich Relationship.

Emotional intelligence broadly involves:

- Emotional Awareness & Control
- Rich Inter/Intra Personal Skills
- Flexibility, Adaptability
- Health, Quality of Life (Stress Tolerance)
- Decision Making, Influence
- Maintaining a positive outlook

Training Methodologies

PPT Presentation - Interactive Session
Case Studies
Stories
Video Sessions
Activity / Group Work
Games and Fun Based Learning

Other Benefits:

Take Away Rs 2500/- worth EQ Brain Profiler Reports free
Find Out Your EQ Level and Unleash all the above in You in Just 1 day!

Discover Your EQ Map, Action Plan, Strategies, Articles, Videos, Networking & more

Facilitator's Profile:

Brindha K, Certified EQ Consultant & EQ Network Leader – Six Seconds, Former HR – Capgemini, E&Y,

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Workshop Agenda

- Online Assessment before the session
- Explain & Expand: EQ Competency Model
- Interpreting Your EQ
- Learn Scientifically Driven EQ Competencies
- Methods to raise Emotional Intelligence through Improved Communication, Emotional Literacy, Recognize Behaviour Patterns, Effective Decisions Making, Motivation tools, Increase Empathy, Optimism & Noble Goals
- Applying EQ Best practices in Personal, Professional & Social life
- Practice Emotionally Intelligent Leadership as an Employee/Manager/Organisation Top leader/Parent
- Moving Forward with your EQ plan

Key Objectives

At the end of this workshop participants will learn:
Self-Awareness - Know Yourself
Self-Management - Choose Yourself
Self-Direction- Give Yourself
Leadership Skills, Conflict Resolution
Raise Emotional Intelligence using above tools

Targeted Audience

Working Professional (Fresher/Team Leader/Team Members/Managers/L&D, Women folks Joining workforce post Sabbatical) Coaches/Teachers/ /Entrepreneurs/Young Mothers/Parents

Registration Fees: Rs 5600/- Offer for last three days

(Includes Veg Lunch, Coffee/Tea, Training Materials),
Venue: Kodambakkam, Chennai

Discounts Scheme

- 5% Discount for early Bird Registrations (on or before 15th April)
- 10 – 20% Spl discounts for Women, Referrals,
- 20 – 30% Spl discounts for Group of 4 & above

Note: 100% Advance payment is required to confirm the seat. Payment can be done through Net banking or Cheque, No Spot registrations

- Only one discount is applicable at a time
- Participation in the workshop is subject to realization of payments. In case of absenteeism, there shall be no refund or repeat of classes missed. It is as per the discretion of the Facilitator. Costs are inclusive of Service Tax