

Emotional Intelligence for Workplace Success

Dec 09 – 10, 2024

Venue: PIM, Lahore.

Rs. 31,000/=

Sep 02 – 03, 2024

Venue: PIM, Islamabad.

Rs. 31,000/=

Course Description

The intrinsic ability of Managers and Service Providers to deal effectively with their emotions at the workplace is critical to their success. The influence and impression of society and environment on a professional's cognitive, psychological and emotional development cannot be undermined and the role of emotional Intelligence appears critical for efficient and effective decision making, problem solving, negotiation and conflict resolution. Emotional Intelligence strategies combine with native intelligence increase a manager's ability to successfully manage the constant challenges from society, customers and business associates.

The prime focus of this two days course is to comprehend the phenomenon of *emotional Intelligence* and its relation with holistic human psychology. It is more than needed to establish and maintain work-life balance in order to play pivotal role in organization's success and pleasures personal life. Group discussion, short exercises and role plays facilitate the process of learning and participants feel at ease while passing through the process of knowing and exploring themselves.

LEARNING OUTCOMES

- An understanding of the importance of using Emotional Intelligence
- The ability to create an environment for productive work relationships
- A model to guide your responses to difficult and challenging situations
- An approach for more intentional actions
- The ability to self-motivate while tempering negative responses

WHO MUST ATTEND?

Top and Senior Management, Head of Departments, Management Practitioners, Consultants etc.

COURSE CONTENTS:

- Concept of Emotional Intelligence
- Self-Awareness
- Self-Regulation
- Self-Motivation
- Personal Balance
- Work-Life Relationship
- Case Studies

FOR DETAILS AND REGISTRATION

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