

Executive EQ: Emotional Intelligence at Work

Webinar with Dr George Kaliaden

Description:

Emotional Intelligence and Social Skills are the qualities that distinguish great team leaders and managers from the average employees. More than I.Q. and academics, organizations these days value human characteristics like emotion, intuition, spirit, synergy and authentic presence. What is now known as Emotional Intelligence includes also social skills and decision skills.

This Three hour workshop is to help executives to assess their EQ and to develop the various aspects of Emotional Intelligence applicable at work environment. Interactive sessions are presented in a friendly learning environment that facilitates skill development through active participation. The sessions are consistently rated by participants as "unforgettable, valuable learning experience."

Who Should Attend?

- Young executives and team leaders who wish to improve their level of emotional maturity and social functioning
- Young couples who wish to enhance their relationship and social interaction.
- College students who wish to improve the quality of peer relations, group presentation and leadership behavior.
- Anyone who encounters difficulties in social adaptation due to social anxiety and social skill deficits.
- People who are overstressed about criticism, teasing, bullying or hostile work environments. .

When you successfully complete this program, you should be able to:

- Handle a wide variety of social situations calmly and effectively.
- Be more confident at work as a team member, team leader or manager
- Be more effective in group meetings, parties and public events.
- Be more motivated, energetic and committed in one's work
- Be aware of one's emotions and use one's emotions for professional effectiveness.
- Effectively manage one's anger and other emotions. .

Course Outline:

EQ and Personality Assessment

Emotional Awareness and Mindfulness

Trust, Commitment, Authenticity

Communication Skills, Social Skills Training

Group Meetings/ Presentation / Public Speaking

Stress Management / Anger Management

Format: Online Webinar 3 Days (Total 9 hours)

Total fee: AED 1900 to be paid upon registration.

Age Requirements: Between 21 and 45 years.

Certificate: From George Kaliaden ConsultingFZE

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