

Teenager Dynamic EQ Workshop

Teenager Dynamic (EQ Workshop) is now offered online. The 5 module online program is held on Sundays. 2 hours per session. To Register Whatsapp +97150-6524285 Or Email: kaliaden@gmail.com

Our emotions matter. Our Emotional Intelligence is as important as our IQ. A student's efficiency, productivity and overall success closely depends on his/her Emotional Intelligence. It is the ability to recognize, understand and manage our own emotions and the emotions of others. In practical terms, Emotional Intelligence involves a) emotion perception, b) emotion regulation, c) understanding of emotional impact and d) methods of utilizing emotions for achieving one's personal, professional and social goals. EQ also involves qualities like Emotional Honesty, Emotional Energy, Emotional Connection, Integrity and Commitment to one's personal mission. Emotional Intelligence helps the student better perceive and utilize his/her opportunities in life.

Managing emotions like fear, sadness, anger, frustration, excitement, etc is important in school life especially when students are under pressure. Teenager Dynamic EQ is a program designed by psychologist Dr George Kaliaden for helping the youth quickly enhance their Motivation, Emotional Intelligence and Social Emotional Skills, thereby facilitating excellence in their academics and personal life. The two-day program includes EQ assessment, practical training on social emotional skills, communication skills and motivational training. The program has been rated consistently as "Excellent" by most participants since its launching in 1994. Most participants have testified how the program has produced lasting, transformational change in them (cf. Chapter 12 by Dr George Kaliaden in "Mental Health and Psychological Practice in the United Arab Emirates" Edited by Carrie York and Amber Haque. Publ. by Palgrave Macmillan, New York, 2015)

The trainer, Dr. George J. Kaliaden, Ph.D., is a psychologist practicing in Dubai for over 27 years, currently attached to We Care Medical Centre. His educational background includes research/education at the Indian Institute of Technology (IIT Bombay), University of Texas at Arlington and the University of Pennsylvania, Philadelphia. Dr. Kaliaden has been counseling psychologist at Middlesex University, Dubai (2005-2020) and consultant to several international organizations including Human Factors International, U.K. He has conducted numerous workshops for the youth, executives and business leaders. He was trained as an NLP practitioner in 1998. He is a Member of the American Psychological Association, International Association of Applied Psychology and Indian Academy of Applied Psychology. Dr Kaliaden is the author of the bestseller "Moulding Your Child" and several other books including "Healing With Words" (2017) published by XLibris, Sydney, Australia. (www.psychologist.ae)

We are happy to share with you the "thank you" notes and comments by the participants of "Teenager Dynamic EQ" workshop on Emotional Intelligence held at India Club Dubi on January 22-23, 2022.

1. DANIEL(Grade 12): "The program was amazing. Doctor gave his lessons very interactively, and no part of the program was boring. And every bit of information given here were clear, useful relatable and relevant. It is definitely going to be bringing a positive change in my outlook of living happily.

Overall Rating of the Program: EXCELLENT.

2. NABEEL (Grade 11): " This program was a rollercoaster ride filled with many exoeriences that I truly enjoyed. This is tge first time in my life that I have evaluated myself, made decisions, made new friends according to my willpower.I have also had my problems pointed out. And I am 😊 .

Overall Rating of the program: GOOD.

3. STEEVE (Grade 12) It was worth it. I learnt a lot of things from this program. This program made me aware of things I did not know, and taught me how to start a conversation with people, which I kind of struggled at. This program taught me about success and how I can achieve it. Even though I was hesitant to join this program at first, now I feel this program was worth it because I learnt a lot of things that I can apply in my life. 😊 .

Overall Rating of the program: EXCELLENT.

4. MAAZIN (Grade 9): It is a program that helps you work better, be more efficient and overall be a better person in all aspects of life.

Overall Rating of the <http://www.psychologist.ae> program: EXCELLENT

5. ABHAY (Grade 8): "It is fun education. It improves your social skills. And along the way I made some good friends. And it taught me multiple things and necessary details to succeed in life. I am happy I attended".

Overall Rating of the program: EXCELLENT

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