



**WE TRANSLATE THE SCIENCE BEHIND MANAGING EMOTIONS**

# **EMOTIONAL BALANCING FOR DEVELOPING LEADERSHIP COMPETENCE**

**IT'S A SCIENTIFIC FACT THAT EMOTIONS PRECEDE THOUGHT. WHEN  
EMOTIONS RUN HIGH, THEY CHANGE THE WAY OUR BRAINS FUNCTION...  
DIMINISHING OUR COGNITIVE ABILITIES, DECISION-MAKING POWERS, AND  
EVEN INTERPERSONAL SKILLS.**

**Training Fee: Rs: 15,000/ Fee is inclusive of certificate,  
lunch/refreshments and business networking**

**Sales (tax): 5%**

**Total Amount: Rs 15750/**

**Saturday September 14, 2019  
9:00 am - 5:00 pm**



## OUTLINE.

Can Emotional Balancing Be Learned?

Can Emotional Balancing Be Taught and Developed?

How Do We Develop Emotional Balancing?

5 Ways To Develop Emotional Balancing.

What Is Emotional Intelligence Training?

Workplace Implications of Emotional Intelligence Training

3 Exercises for Emotional Balancing

5 Activities to Develop Emotional Intelligence

The Role of Reflection and Practice

Training Strategies to Improve Emotional Intelligence

Mindfulness Training in Emotional Balancing

A Take-Home Message

References

## LEARNING OUTCOMES.

- Learn the brain science of emotions that drives behavior
- Increase awareness of situations that risk having emotions lead to unskillful behavior and poor decisions
- Learn practical strategies to respond more skillfully as pressure, tension and complexity increase
- Identify patterns, triggers and emotional habits that either drive or derail performance
- Learn to suspend judgment – become ‘more curious and less certain’ – to effectively engage and influence others
- Understand how to be an effective coach and help others
- Practice techniques through interactive exercises and develop an action plan to put those strategies into practice



We translate the science behind managing emotions, and, teach people the skills to become their best selves and do their best work.

Emotions are contagious. They spread from one person to another quickly, strengthening or harming the organization. Create an environment of trust and psychological safety where people feel valued and respected to accelerate collaboration. Improve relationship quality and build a culture of accountability.



## About the Instructor

### Ms. Aisha Bela Malik

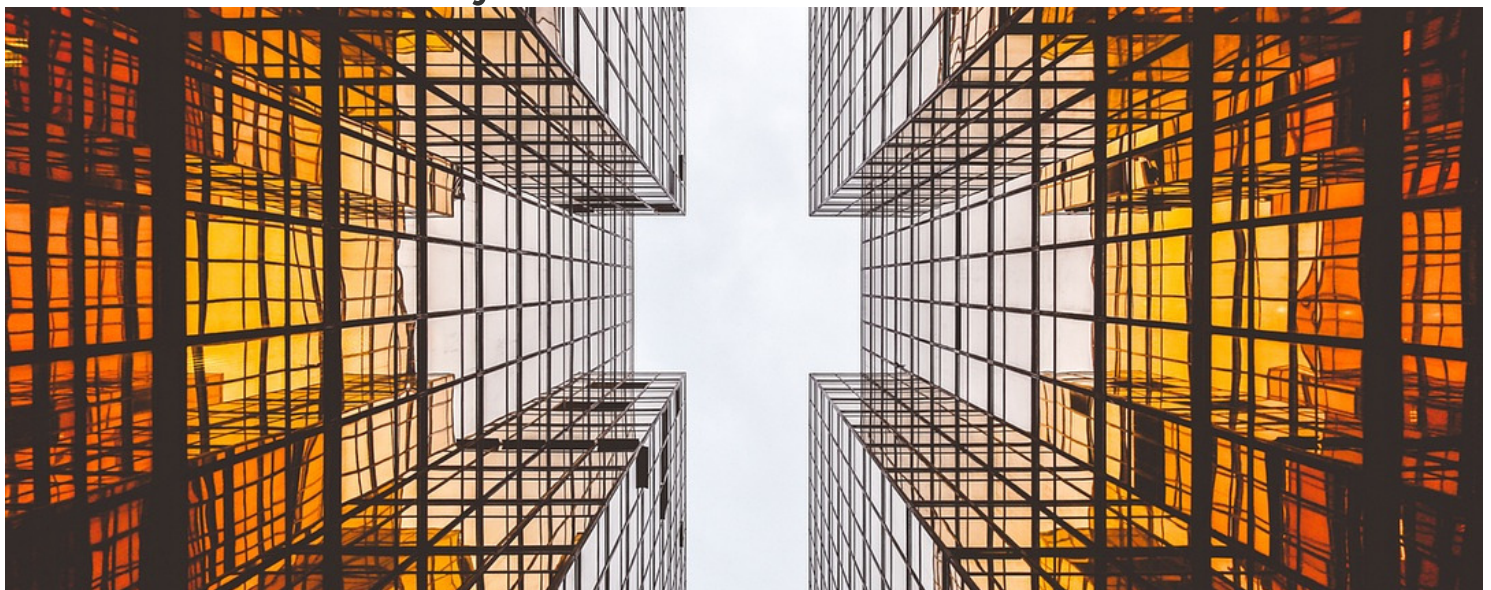
As a Management consultant & Corporate Trainer, she helps organisations to solve issues, create value, maximize growth and improve Institution's performance. She provides objective advice and expertise and help an organisation to develop any specialist skills that it may be lacking.

She is a visiting faculty at IBA Center of Executive Education as well and is primarily concerned with the strategy, structure, management and operations of a company, She suggests recommendations for change, as well as advising on additional resources to implement solutions.

Areas of Expertise include:

Personal Development, Leadership Skills, Communication Skills, Soft Skills, Business Strategy, E-business, Financial and Management control, Human Resources, Information Technology, Marketing, Supply-chain Management.

She has represented Pakistan as Women Entrepreneur Chairperson in ECO CCI meetings held at Tashqand & Istanbul from the platform of Federation of Pakistan Chambers of Commerce & Industry.



### For Registrations:

Website: [www.sdp.iba.edu.pk](http://www.sdp.iba.edu.pk)

Email: [besdp@iba.edu.pk](mailto:besdp@iba.edu.pk)

Tel: 021-38104700-01 Ext. 1541, 1813

### For Payment

Please submit a payorder in the name of IBA Karachi