

Emotional Intelligence Management

Program Overview

Emotional Intelligence Management skills allow us to express ourselves appropriately in different environments and with different people. Developing these skills can boost confidence and help in both social and work life. The program has been designed to help you enhance how well you demonstrate emotionally intelligent behaviour and, in doing so, improve how you Connect, Communicate and Collaborate with others.

Learning Outcomes

- Identify what emotional intelligence is and why it is important.
- Find ways to recognize and manage emotions.
- Identify techniques to recognize and inspire emotions in others.
- Examine the application of emotional intelligence at work.
- Set up an action plan to foster their emotional intelligence.
- Learn to manage stress better
- Manage time more efficiently

Trainers Profile




Farhan Uddin Raja

Farhan Uddin Raja, a highly accomplished Corporate Trainer and Assistant Professor, has an extensive work experience of 12 years. He is a lead trainer at IBA-Karachi. Farhan has trained more than 5000 participants across different levels starting from Front Line Executives to Senior Management and he has conducted more than 100 trainings for open enrollment programs and customized training programs.

Who Should Attend

Managers, leaders, HR, teams, sales, anyone seeking emotional intelligence.

 9:00 am to 5:00 pm

For further details

Skills Development Program
Center for Executive Education
Tel: 021-38104700-01 | Ext. 1811, 1813 & 1814

Investment
PKR 25,000 +5% SST