



Institute of
Business Administration
Karachi

Leadership and Ideas for Tomorrow



Center for Executive Education

Institute of Business Administration

EMOTIONAL INTELLIGENCE

This workshop will help you learn and practice the EI skills that are the core of achieving personal awareness, connecting with others, managing stress, engaging healthy conflict and collaboration and exhibiting resilience and optimism.

**Saturday
November 2,
2019
9am to 5pm**



Course Investment:

Rs 15,000

(fee exclusive of 5% tax)
(includes lunch/refreshment &
business networking)

The Instructor: Muntazir Haider

-An entrepreneur, trainer, consultant and a coach.

-Business administration background from the top business school of Pakistan – IBA – Muntazir bags over a decade long experience having assisted a number of firms stabilize, mature, sustain and grow. His portfolio includes firms and businesses of all sizes; from local micro start ups to multinational giants – Muntazir has worked with a wide blend. Often quoted as a mentor, a leader that takes people and brands from scratch and grooms them

The youngest Pakistani trainer in Expert Base Database – UAE., he was recently named as one of the top 9 Corporate Trainers of Pakistan and is also amongst one of the top 5 International Trainers entailing from Pakistan in the Middle East Markets. Muntazir has changed lives and direction of living for thousands of individuals and has conducted over 400 workshops and training programs in Asia.

Anyone who wants to maximize their performance, as well as business success, by increasing emotion management and self-understanding through Emotional Intelligence skills

Objectives

- Recognize and consciously use emotional data that shapes your professional behavioral responses.
- Identify and manage emotional behaviors that impact your work-based relationships and situations.
- Integrate empathy to promote strong team player attributes and communication.
- Apply emotional insights to decipher and better manage yourself within the organization.
- Implement emotionally intelligent insights to improve personal decision making and professional contributions.

Outline

- Expanding Emotionally Intelligent Personal Awareness
- Developing relationships and personal impact through Emotional Intelligence
- Demonstrating Emotionally Intelligent Stress Management and resilience
- Achieving healthy conflict and collaboration through Emotional Intelligence
- Bringing it all together

For Registration

Ph: 021-38194700-01 Ext: 1541, 1813, 1801, 1811

Email: besdp@iba.edu.pk

Website: <http://sdp.iba.edu.pk/>