

COURSE OUTLINES

Module 1:

Discover emotional intelligence
(EQ)

Module 2:

Why emotional intelligence matters

Module 3:

Self-Awareness

Module 4:

Self-Management

Module 5:

Social Awareness

Module 6:

Relationship Management

Module 7:

Observe emotional intelligence
skills in action

OBJECTIVES

- Increase individual ability to reduce and release stress in the moment and any environment.
- Increase personal confidence, enhance inner strength with good acceptance level to deal with all types of people and situation.
- Eliminate social and relationship stress by building own emotional awareness and leads to harmony and successful social relationship.
- Increase individual ability of non verbal communication, reflecting positive and influencing personal charisma.
- Increase individual ability to handle change and challenging situation, and become more creative in solving people's problem.
- Increase individual ability to solve conflict, able to stay focus on present, achieve harmony and reconciliation in all situation.



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MANAGEMENT COURSE

EQ MANAGEMENT FOR SUCCESSFUL LEADERSHIP

100% HRDF CLAIMABLE

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