

EQ MANAGEMENT FOR SUCCESSFUL LEADERSHIP



OVERVIEW



It has been proven that IQ contributes 20% while EQ contributes 80% to personal success. EQ development is crucial for individual to build and maintain positive and supportive working relationship. Helps in managing team effectively, producing better business result, increase employee satisfaction, lower staff turn-over, directly impact the performance and success of an organization.

WORKSHOP 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 lead to harmony and successful social relationship

WHO SHOULD ATTEND?

- Head of department, managers, team leaders and supervisors
- Upcoming new leaders, management trainee
- SME business owners, leaders of agency or multi-level-marketing business

WORKSHOP OUTLINE

- Discover emotional intelligence (EQ)
- Why emotional intelligence matters
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management
- Observe emotional intelligence skills in action

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