



FUNDAMENTAL OF EMOTIONAL INTELLIGENCE

Overview

Working on your emotional intelligence could well be the most important aspect of your personal development. Staff with higher levels of emotional intelligence, enjoy more satisfying and successful career and relationship

At the end of the programme participant will be able to

- Explain the concept of Fundamental of Emotional Intelligence
- Identify the personality and individual abilities
- Understand the Values, Attitude and Job Satisfaction
- Understand the roles of leadership
- Enhance communication skill
- Overcome conflict in Organisation
- Adapt Organisational Changes and Development
- To think positive
- Understand the roles of Left and Right brain
- Identify the fours skills of Emotional Intelligence

Who Should Attend?

- Anyone who want to achieve better self-awareness to make most use of their strengths and minimize weakness.
- Anyone who would like to improve their personal effectiveness.

Workshop Methodology

Brainstorming and changing ideas, group discussion, group presentation, case study and role play.



If you have any enquiries, please contact
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