

## Modules:-

**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**

# EQ MANAGEMENT FOR SUCCESSFUL LEADERSHIP

COMFORI SDN BHD

## Objectives

- ability to reduce and release stress in any environment.
- increase personal confidence, enhance inner strength with good acceptance level
- building own emotional awareness and leads to harmony and successful social relationship.
- ability of non verbal communication, reflecting positive and influencing personal charisma.
- ability to handle challenging situation
- ability to solve conflict, able to stay focus on present, achieve harmony and reconciliation in all situation.

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.