

OVERVIEW:

National Productivity Organization, Ministry of Industries & Production, a liaison office of Asian Productivity Organization (APO) Tokyo, Japan announces 03-hours online session on "Understanding Emotional Intelligence at Work for Improved Productivity"

This online workshop is a highly interactive and discussion centered workshop designed to develop the most vital skill for a professional at any level. Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

POTENTIAL PARTICIPANTS:

- Senior Management
- Middle Management
- Team Leaders
- Supervisors

LEARNING OBJECTIVES:

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COURSE CONTENTS:

- **Outline**
 - ✓ Describing the objectives of the workshop
 - ✓ Aligning the desired outcomes with participant's expectations
- **Areas to be Covered**
 - ✓ Understanding Emotional Intelligence for an improved personal and professional life
 - ✓ Discussion on components of Emotional Intelligence
 - ✓ Formulating a plan to raise your emotional quotient
 - ✓ Communication
- **Q & A Session**

FOR REGISTRATION OR INFORMATION

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DEADLINE: December 08, 2020

Investment: PKR 500/-

0.5 CPD Points for Engineers

RESOURCE PERSON:

UMAR HASSAN

He is a faculty member and a trainer specialized in the area of Leadership, Organizational Behavior and Strategic Management. In his 15 years of professional experience, he has delivered sessions for professionals at any level.



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