

Proposal for Training Program on Emotional Intelligence

We all know someone who is incredibly bright and yet cannot seem to pull their life together. The brilliant student who flunks out of university, or the incredibly intelligent worker who can't seem to get ahead in their company. We know from our familiarity with them that they have a good to superior intelligence level, but that doesn't seem to be enough to ensure success. And at the same time, we can probably describe in some form why we feel these people have not been successful. Our descriptions would include certain traits or behaviors that have nothing to do with intelligence.

Over time, scientists have begun to study why standard intelligence alone isn't enough to predict performance in an individual. They have realized that there is another type of intelligence that isn't related to the standard cognitive intelligence – it's called Emotional Intelligence.

Those who have high levels of Emotional Intelligence or EI for short, are able to understand the physical, mental, and social impact that negative emotions have on their bodies, minds, relationships and ability to pursue and achieve goals. They then are able to moderate their own emotions so that their emotions support their activities and enhance their quality of life.

People with highly developed EI are proven to be more successful in the workplace because they can understand their emotions. They can use their emotions as clues to what their body and mind are trying to tell them.

Ads-e-Park designed an exclusive module for educational institutions and for work place environment to train them to understand, balance, and use of the emotions to be an emotionally intelligent person and travel their life journey successfully.

Topics for one day Training Program.

Overview of Emotional Intelligence

- Introduction
- Theories of Multiple Intelligences
- The Importance of Emotions

Why Emotional Intelligence Matters

- Case Study Examples
- The values of Optimism
- Emotionally Intelligent Leaders
- EI and Safer, Happier Workplaces

Self-Awareness

- Emotional Self-Awareness
- Increasing Self-Awareness
- Accurate Self-Awareness
- Forecasting Your Feelings
- Self-Confidence

Self-Management

- Self-Control
- Reflection
- Reframing
- Adaptability
- Achievement Orientation
- Initiative

Social Awareness

- Awareness and Acknowledgement
- Sensitivity
- Organizational Awareness
- Service Orientation

Social Skills

- Leadership
- Communications
- Conflict Management
- Teamwork and Collaboration

Ads-e-Park has designed this Training Program for the people of various industries who are all with more emotional movement in all the times in their walks of life

This Training Program will be conducted by the well experienced Trainers from **Ads-e-Park** on workshop type method with various presentation, lectures and activities.

Duration of the Training

- Ads-e-Park designed this training program for one full day which will be resulting towards the inner change and a real balance from their emotions.

Charges

Rs.10,000/- for one day program.

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Who is it for?

For those working in environments where there are frequent and challenging interactions with colleagues and customers. Particularly useful for those who need to understand the underlying nature of their own and others' response, and who want to improve the quality of their interactions.

What is it about?

This course is about understanding how emotion affects work performance and relationships in the workplace. It demonstrates how to ensure emotions can be controlled and focused into greater 'task efficiency' and 'relational effectiveness'. A combination of insight, skills and abilities are identified and practiced to enable you to drastically improve your ability to grasp what is driving a particular situation and adapt your behavior to gain the most beneficial outcome.

What will I get out of it?

- A clear understanding of how working relationship can be improved.
- An insight into the underlying emotions which shape one's own and other's behaviours.
- An ability control and deal with one's own emotions.
- The skills to read and respond effectively to the emotions of others.
- An understanding of how to build empathic relationship with others.

Course Overview:

Understanding how emotions work.

- The relationship between emotion and intelligence
- How emotions can affect everything we think and feel.
- Why we become emotionally over-sensitive
- How to avoid emotional confusion

How to manage and control one's own emotion.

- The difference between reaction and response
- The relationship between emotion and motivation
- Identifying the learned beliefs that shape many of our emotions
- Increasing self-motivation and confident.