



# Personal Development through Emotional Intelligence

## **Introduction/ Overview of program:**

At times you may be brilliant, yet you may find yourself reacting with impatience and anger with others who just don't get it. In the professional world you may be making a great point but you might get frustrated that others are not taking a note of it. Maybe your feedback to a teammate failed to come across the way you had intended. If as a leader at work, at home or in your community you have come across to such situations, you probably need to analyze it from Emotional Intelligence view point.

## **The objectives of the Programme:**

The programme aims at building the participant's awareness on the importance of emotional literacy in personal growth and human life. By the end of the programme the participants shall be able to;

- build scientific insights into emotions
- explore the methodology to build strong relationship
- understanding the methods of recognizing the feelings of self and others
- understand and analyze their strengths and areas of emotional improvement
- understand self motivation strategies to achieve their growth potential

## **Who should attend:**

Everyone who wants to improve self awareness, self management, empathy, and interpersonal relationship, to make a richer life.

**Duration:** Two day

## **Benefits to Participants:**

- Understanding Emotions
- Recognizing feeling of self and others
- Methodology of relationship building
- Analyzing the strengths and areas of emotional improvements
- Becoming aware of your values and what brings you meaning, purpose, importance, and happiness, both professionally and personally
- Emotions of achievements
- Techniques of Improving Calmness, patience, and understanding
- Understanding self motivation and control
- Techniques of anger management
- Controlling emotions while asserting yourself
- Using emotions for higher results

## **Benefits to Participants:**

By attending this programme the participants shall be able to realize the following benefits.

- Personal leadership skills, particularly self-awareness and emotional intelligence
- Interpersonal skills like decision making, negotiation, perceiving others, influence, motivating others, and teamwork
- Ability to transform great challenges into professional and personal growth
- Awareness of your values and what brings you meaning, purpose, importance, and happiness, both professionally and personally
- Focus on what is important, professionally and personally, decreasing time and resources

For more information Contact:

Rakesh Sharma

Mob: 9810221448

Sharma.rakesh3020@gmail.com

Rakesh.sharma@primeps.com

*Prime Performance Solutions*