



March 25,
2022



09:00am
to 05:00pm



Pakistan Society for
Training & Development

EMOTIONAL INTELLIGENCE LEADING YOURSELF TO SUCCESS

WITH TAZEEN MOHSIN

INTRODUCTION

This workshop goes far beyond “people skills” right into the essentials of emotional intelligence in a language anyone can understand. It will provide you with the practical skills and motivation you need to improve all your work relationships, reduce stress and frustration and lead yourself to success. In today's constantly changing and dynamic world, our success largely depends on our ability to read other people's behaviours, and react accordingly to them. However, working effectively with all the different and difficult types of people in our workplace isn't easy. A very important factor in job performance and advancement is emotional intelligence – your ability to recognize, understand and manage emotions, yours and others', in a positive and constructive way. Emotional intelligence is widely known to be a key component of effective leadership.

LEARNING OUTCOMES

- Develop an awareness of EI models
- Recognise the benefits of EI
- Expand your knowledge of emotional patterns in yourself and others
- Understand how you use emotion to facilitate thought and behaviour
- Positively influence and motivate colleagues, team members, managers
- Increase satisfaction and fulfillment at work
- Recognize how your feelings, reactions and emotions—and those of others—affect your work relationships
- Keep yourself and others from overreacting in emotionally charged situations
- Anticipate problem situations and the underlying emotions and be prepared

PKR

Fees:
32,500 + Gst



Location:
PSTD

**MODE
CLASSROOM**



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WHO SHOULD ATTEND

Business professionals who want to maximize their performance by increasing emotion management and self-understanding.

TRAINING CONTENT

EMOTIONAL INTELLIGENCE IN TODAY'S WORKPLACE

- ✓ Why emotional intelligence has become the hot skill in today's workplace
- ✓ The link between emotional intelligence and performance
- ✓ What is emotional intelligence?
- ✓ The core competencies of emotional intelligence

INCREASE PERSONAL POWER BY UNDERSTANDING OURSELVES

- ✓ The crucial importance of self-awareness—the single most important building block of emotional intelligence
- ✓ Understanding personal derailers that have the potential to limit our progress
- ✓ Overcoming personal impulses that can lead to derailing behaviors
- ✓ Developing a personal plan

OPTIMIZING OUR EMOTIONAL ENERGY

- ✓ Navigating emotions and transforming them into positive ones
- ✓ Empowering our "Inner CEO" to improve self-control and emotional regulation
- ✓ Practice in-the-moment tools to pause, reflect, and navigate challenges while staying balanced
- ✓ Bounce back faster with a physiological stress management response

THE EMOTIONALLY INTELLIGENT WORK ENVIRONMENT

- ✓ Emotional intelligence as a great motivation tool
- ✓ The unwritten rules when helping others manage their emotions
- ✓ Increase your ability to create effective working relationships with others (peers, subordinates, managers, clients)
- ✓ Be comfortable and calm with all types of communication styles
- ✓ Asking the right questions to clarify feelings and find common ground

TRAINING METHODOLOGY:

This is an experiential workshop designed to give you clarity and self-mastery to put into practice no matter where you are in life.

It aims at providing tools through basic psychological techniques, storytelling, group work, guided imagery, mindfulness and NLP tools to give you deep, enduring ways to create ease and clarity in all parts of your life.



TRAINER PROFILE

Tazeen Mohsin is a clinical psychologist, thought leader and the Chief Culture Officer for AQUITY. Dedicated to nurturing the human spirit to fulfil their own unique potential. Her interest led her to work in several fields including advertising, research & education. She indulged herself in learning alternative healing modalities like Mind Sciences and Reiki, before finally pursuing Masters in Clinical Psychology. She counsels professional people - HR heads, officers, small business CEOs to nonprofessional people who feel stuck and want to excel in their life. Her clientele has been in Pakistan and internationally as well. Some of her international clients have been from USA, Dubai, Denmark and United Kingdom. Her work has been published in Mind Body Green, one of the biggest lifestyle blogs in the world. She has also made several appearances on Health Tv and Samaa Tv.



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