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## Emotional Intelligence Workshop on Personal & Team Excellence



June 18, 2014



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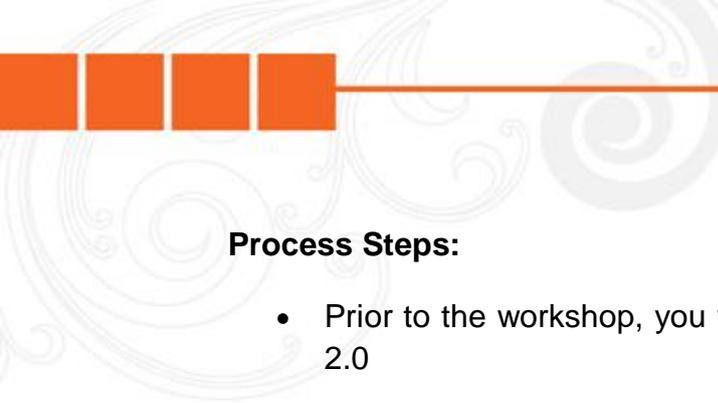
## Emotional Intelligence Workshop on Personal & Team Excellence

Emotional Intelligence (for brevity EI) training will yield outstanding results in organisations, especially in those organisations that are scaling up and expect to perform at peak. EI training enables leaders to facilitate individual and team success by sensitising team members to become self-aware of their emotions and its impact on their motivation, ability to influence others to be successful.

Our trainers are seasoned professionals and have excellent professional background to conduct training in EI training. Our EI programs produce powerful results to the organization and bring in desired changes.

### Session Objectives:

- The program aims to develop the participants to be Emotionally Intelligent to understand the expectations of a dynamic workplace and respond resourcefully to meet organisational, team and individual work objectives.
- Participants will be made aware of how their emotional state impacts the ability to manage self, stay motivated and communicate effectively. This will have a direct impact on their performance.
- The program will focus on making participants self-aware of their emotions and modify their behaviors to open up without fear, to gain acceptance and establish realistic expectations to come across like an inspiring global manager.
- Participants will be sensitised to adopt a global work ethic that enables them to work effectively in a culturally diverse team.
- Participants will be sensitised to be empathic, manage conflicts & relationships, clarify expectations assertively, yet understand the difference between aggressive and submissive behaviours.
- Participants will learn to be collaborative in ensuring the success of teams that they are associated with.
- Participants will learn the art of communication: leading conversations, sharing information/ideas, adversity management, etc.



**Process Steps:**

- Prior to the workshop, you will go through an online assessment of EQ-i 2.0
- You go through the 1 or 2 day workshop
- Your EQ results will be presented to you during the workshop

**Duration:** one day or two days (recommended)

**Participants:** Managers and above.