



## ONE-DAY PROGRAMME ON EMOTIONAL INTELLIGENCE AT WORK

### **Preamble:**

"The emotional brain responds to an event more quickly than the thinking brain" - Daniel Goleman

Emotional intelligence greatly impacts our work life and career. Therefore, there is a need to understand exactly what it is and why it is so important. Emotional intelligence is the ability to identify and manage your emotions as well as the emotions of others.

Organisations seek people with higher degree of emotional intelligence to ensure a more professional, mature, productive yet smooth work environment that fosters growth and creativity. Emotionally intelligent people adapt well to changing work environments, master self-management, possess excellent team skills and demonstrate strong leadership potential. They recognize, realize and respond to one's emotions in a way that empowers self.

### **Programme Coverage:**

Key foundations of emotional intelligence that aids in professional and personal success

Understanding your emotions: the source of emotions; emotional cause and effect; identifying your own emotional triggers, motivations and drives

Managing your emotions: feelings, perceptions and beliefs; understanding your reactions under stress and conflict

Understanding the emotions of others

Handling trigger events that cause "emotional hijacking"

Role of emotional intelligence in the connect between individual, team and organisational performance

Practising EI at workplace: Action planning

### **Programme Methodology:**

Through lectures, discussions, games, exercises and experiential learning

## Investment

The investment per participant is INR 2,500/-, exclusive of 18% GST. Payment to be made in favour of 'GRG Education Services', payable at Coimbatore [GSTIN: 33AAMFS4394M1ZJ]

## Registration

Please call 754 008 9111 or write to Dr Vandana Madhavkumar (vandana@grgcas.com) or to the Programme Office (programmes@grgcas.com)

## Programme Facilitator:



Dr. J. Anitha is a trainer in soft skills and consultant in research methods. She was formerly an Associate Professor at GRG School of Management Studies, Assistant Professor in PSG College of Technology and Manager - Projects in Italindia Packplus Private Limited in Coimbatore. She has over 17 years of experience, including 14 years in the academia.

She is presently working on managing research projects and authoring books. She has recently published a novel, "The You: The Journey of a Lifetime: A Psychological Adventure".

Her areas of specialisation include Quantitative Research, Team Building, Understanding Gen Y and Gen Z, Emotional Intelligence, and Management of Self. She has won Best Research Paper awards and Best Teacher awards at national level. She has presented a number of papers in national and international management forums and has published widely.