

Workshop on Emotional Intelligence

Tuesday, July 25, 2017 • 9.30 a.m. to 5.00 p.m.



Venue: Torrent-AMA Management Centre, Core-AMA Management House, AMA Complex, Dr. Vikram Sarabhai Marg, Ahmedabad

Emotional Intelligence is increasingly relevant to organizational development and developing people, because the EQ principles provide a new way to understand and assess people's behaviours, management styles, attitudes, interpersonal skills, and potential. Emotional Intelligence is an important consideration in human resources planning, job profiling, recruitment interviewing and selection, management development, customer relations and customer service, and more.

Programme Content:

- 1st Session :**
- Self-awareness-The importance of feelings in life
 - Self-regulations-Reframing the words and behaviour
- Session Benefits:**The participants will be able to manage their feelings in personal & professional life and improve communication skills
- 2nd Session :**
- Self-motivation-Building positive attitude
 - Emotional stability-Being flexible and practical in different situations
- Session Benefits:** The participants will be able to effectively deal with the unpleasant behaviour and increase optimism & confidence
- 3rd Session :**
- Positive self-esteem-Setting positive expectations
 - Empathy-Understanding the emotional cues
- Session Benefits:** The participants will be able to improve their performance and display sincerity & authenticity in behaviour.
- 4th Session :**
- Interpersonal awareness-Valuing the importance of interpersonal relations
 - Social skills-Managing interpersonal relations
- Session Benefits:** The participants will be able to fine-tune their own responses to push the interactions in the best directions and influence the different types of people

Who should attend?: The programme is designed for Middle level managers, Dept. - heads and Administrators.

Facilitator: Mr. Vijay Michihito Batra is driven to spread the message of positive thinking and work ethic since 1998 in India. Electrifying, intensely involved, down to earth, amazingly humorous, extremely driven, passionately connected, highly effective are some of the adjectives participants have used to describe him. He believes in an anchoring thought that he lives by "the harder you work, easier life becomes, the easier you work, harder life becomes." He has been driven by admission he created early in his life ***"I am an ordinary man with extraordinary desires, and I will persevere till I become an extraordinary man with ordinary desires."*** He is known to infect his participants with intense beliefs and desire to succeed.

Fees: Rs.1600/- per participant inclusive of Service Tax. Fee includes course fee, cost of course materials, lunch & refreshments. The cheque may please be drawn in the name of 'Ahmedabad Management Association.'

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Registration Form: Please fill-in and return this form along with participation fee to:

Ahmedabad Management Association, AMA Complex, Dr. Vikram Sarabhai Marg,
Ahmedabad 380 015, Phone: 079-26308601-5 • Mobile: 9537407187, 7069940917
E-mail: ama@amaIndia.org • Website: www.amaIndia.org
Android Mobile App: AMA-Ahmedabad amaIndia.org

Name(s)	Position
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Pin Code:	
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