



اتحاد شركات الاستثمار  
UNION OF INVESTMENT COMPANIES

## EQ Insights for Personal Development

Investment Studies Center (ISC) @ Union of Investment Companies are delighted to Announce the organization of a modern global program for self-development that focuses on the brain patterns of individuals and their interpersonal skills and identifying the characteristics, emotional literacy and talents associated with each participant, which contribute to the process of developing the individual's skills, increasing self-awareness, and supporting future success. The assessment and materials are provided by SIX SECONDS, the Leading global institution in the field of emotional intelligence, according to the following details:

يسر مركز دراسات الاستثمار لدى اتحاد شركات الاستثمار الإعلان عن تنظيم برنامج عالمي حديث لتطوير الذات ويتمحور حول أنماط الدماغ لدى الأفراد ومهارات التعامل مع الآخرين وتحديد الصفات والمواهب والقدرات لكل مشارك والتي تساهم في عملية تطوير مهارات الفرد وزيادة الوعي الذاتي وتدعم النجاح في المستقبل، علماً بأن التقييم والمادة العلمية من شركة SIX SECONDS، المؤسسة العالمية الرائدة في مجال الذكاء العاطفي وفقاً للتفاصيل الآتية:

<b>Training Program:</b>	EQ Insights for Personal Development	البرنامج التدريبي:
<b>Instructor:</b>	Fatma Yacoub (A SIX SECONDS accredited instructor)	المحاضر:
<b>Dates:</b>	(Monday & Tuesday), 27 <sup>th</sup> & 28 <sup>th</sup> May 2024	التاريخ:
<b>Timing:</b>	09:00AM – 02:00PM	الوقت:
<b>Language:</b>	In Person at UIC Premises	لغة البرنامج:
<b>Venue:</b>	Arabic / material in English	المكان:
<b>EQ Assessment:</b>	Participants take an online EQ assessment two week ahead of training	تقييم الذكاء العاطفي:

**Course Details, Registration & Fees in link below** تفاصيل البرنامج، التسجيل والرسوم في الرابط أدناه

<http://unioninvest.org/upcomingevents.aspx>

Registration is open according to availability

<b>Discounted Fees for UIC Members</b>	KWD 230 تشمل رسوم تقييم الذكاء العاطفي وكتيب العمل الشخصي المعد بناء على هذا التقييم	الرسوم بعد الخصم لأعضاء الاتحاد
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<b>Non-Members</b>	KWD 290 Includes fees of EQ assessment and personalized workbook-report	غير أعضاء الاتحاد
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## Emotional Quotient (EQ) Insights for Personal Development

### Introduction:

This development program has been designed to support people to increase self-awareness and improve interpersonal skills to enhance performance. Based on the latest neuroscience, the aim is to build confidence to enhance performance. Participants will be provided with a personalized workbook, based on a preassessment, and through a process of interactive learning, get to recognize their Brain Profiles and Brain Talents, and how these impact their interpersonal skills They'll also get to apply their emotional intelligence during the day, as they gain awareness and increase options to become the very best versions of themselves and apply their learning back in the workplace.

### Objectives:

#### 1- Emotional Quotient (EQ) / Emotional Intelligence and the Brain

How can simple neuroscience insights help you to increase self-awareness and personal success?

#### 2- Brain Style Basics

Why do we all show up differently? Gain insights and begin increasing your EQ.

#### 3- Interpersonal Skills

How can you leverage your insights to optimize your interactions with others.

#### 4- Talents for People

What are your key strengths (Brain Talents) and how do you use those to engage the talents of your people?

### Outline:

In Emotional Quotient (EQ) / Emotional Intelligence Insights for Personal Development, in an active, engaging workshop, participants increase self-awareness, build confidence and improve interpersonal skills to enhance performance.

1. Identify a current personal challenge and map specific actions to support successful outcomes.
2. Recognize their personal Brain Profile and how this impacts their interactions with others.
3. Gain insight into the Brain Profiles of others, and how this can be utilized to improve interpersonal skills.
4. Identify their Brain Talents and how these can be leveraged to put EQ into action to increase effectiveness in collaborating and working with others to improve performance.
5. Develop a personal SWOT analysis and commit to an action plan to apply their knowledge to improve performance.

### Target Audience:

This training is open to all staff members. Each participant will receive a customized workbook based on his/her assessment results.

### Emotional Quotient (EQ) / Emotional Intelligence Assessment:

1. Participants will take a multiple-choice online EQ assessment two weeks ahead of training, where they will complete and submit their answers.
2. Upon the results of the assessment, Six Seconds will generate a personalized workbook-report specifically based on each participant's brain type and skills, allowing the trainer to explain and commence specialized instructions.
3. The coach will build her training according to the personalized workbook-reports for each participant.
4. By the end of the training participants get certificates from Six Seconds.



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### Expert's Profile: Fatma Yaqoub

Technical Expert & Professional Master Trainer in HR-L&D field and power skills with total 12 years' experience in banking and HR, worked with 3 different companies which build my adaptability, managing change, leadership skills in managing projects and teams. Improved organizations by working with different aspects like building an effective team, changing process, implementing an effective work plan, automation & digital transformation.

Ability to advise and reflect changes needed in the organization with coaching & mentoring style of leadership, working on creative and innovative solutions that simplify the complicated work and minimize admin through digital use.

Worked as learning advisor & partner with different bank departments which supported my overall knowledge of different roles and sectors within the business.

Professional Certified Coach by ICF and 6seconds and EQ facilitator and assessor, passionate for helping individuals to maximize their potential in both their personal and professional lives to guide them towards greater self-awareness, emotional regulation, and interpersonal skills.