

Emotional Intelligence

Investment Studies Center (ISC) @ Union of Investment Companies is delighted to invite you to the Emotional Intelligence Training to enhances the ability to recognize, understand, and manage emotions effectively for improved personal and professional relationships, according to the following details:

يسر مركز دراسات الاستثمار لدى اتحاد شركات الاستثمار الإعلان عن تنظيم برنامج تدريبي حول الذكاء العاطفي الذي يعمل على تعزيز قدرات الفرد على التعرف على المشاعر وفهمها وإدارتها بشكل فعال لتحسين العلاقات الشخصية والمهنية، وذلك وفقاً للتفاصيل الآتية:

Training Program: Emotional Intelligence البرنامج التدريبي:

Instructor: Mishari AlMufarreh المحاضر:

Dates: (Tuesday-Thursday)
19th - 21st of November 2024 التاريخ:

Timing: 09:00AM – 02:00PM الوقت:

Language: In Person at UIC Premises لغة البرنامج:

Venue: Arabic/material in English المكان:

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

Discounted Fees for UIC Members KWD 250 الرسوم بعد الخصم لأعضاء الاتحاد

Non-Members KWD 300 غير أعضاء الاتحاد

Emotional Intelligence

Introduction:

Welcome to our Emotional Intelligence Training Program, designed to elevate your emotional awareness and interpersonal skills. Through this program, you will learn to recognize and manage your own emotions, as well as understand and influence the emotions of others. Our comprehensive approach combines practical exercises with theoretical insights to foster better communication, empathy, and leadership. Whether you aim to improve your personal relationships or enhance your professional effectiveness, this training offers valuable tools and strategies. Join us to unlock your full potential by mastering the art of emotional intelligence.

Training Outline:

Day 1: Introduction to Emotional Intelligence

1) Understanding Emotional Intelligence

- Definition and importance of EI
- Overview of the five components of EI: Self-awareness, Self-regulation, Motivation, Empathy, Social skills
- Discussion on the impact of EI on personal and professional success

2) Self-Awareness, introduction to Confidence

- Identifying and understanding one's own emotions
- Self-assessment exercise and the four components of confidence
- The relationship between Confidence and Emotional Intelligence

3) Self-Regulation

- Techniques for managing emotions, such as mindfulness and Rapport
- Strategies for impulse control, stress management, and staying calm under pressure
- Role-playing scenarios to practice self-regulation in challenging situations

4) Motivation

- Understanding intrinsic vs. extrinsic motivation
- Setting personal and professional goals aligned with one's values
- Techniques for maintaining a positive attitude and staying motivated
- Group activity: Creating vision boards or personal mission statements

Day 2: Developing Empathy and Social Skills

5) Empathy

- Understanding and recognizing others' emotions
- Active listening skills and their importance in empathy
- Empathy-building exercises
- Perceptions and projections concept

6) Social Skills

- Building and maintaining healthy relationships
- Effective communication techniques, including verbal and non-verbal communication
- Conflict resolution strategies and their application in real-life scenarios
- Representational Systems test and the 4 major personalities

7) Teamwork and Collaboration

- The role of EI in effective teamwork
- Activities to enhance collaboration, such as team-building exercises and problem-solving challenges
- Discussion on the importance of trust and respect in teams

Day 3: Applying Emotional Intelligence in the Workplace

8) EI in Leadership

- The role of EI in effective leadership
- Different leadership styles and their impact on team dynamics
- Case studies on emotionally intelligent leaders and their success stories
- Group activity: Leadership style self-assessment and discussion

9) EI in Decision Making

- How emotions influence decision making
- Strategies for making emotionally intelligent decisions, including balanced thinking and emotional check-ins
- Group discussion on personal decision-making experiences and lessons learned
- Activity: Decision-making scenarios and group problem-solving

10) EI and Workplace Culture

- Creating an emotionally intelligent work environment
- Encouraging open communication, feedback, and a culture of empathy
- Strategies for leaders and employees to foster a positive workplace culture
- Group activity: Developing a workplace EI action plan

11) Personal Development Plan

- Setting personal EI development goals
- Creating an action plan with specific steps and timelines
- Group discussion and sharing of individual goals to foster accountability
- Activity: Pair up with a partner to discuss and refine personal development plans

Target Audience: All Staff

Expert's Profile: Mishari AlMufarreh

Experienced Managing Director with a demonstrated history of working in the Investment, telecom and human resources industry. Skilled in Business Planning, Coaching, Entrepreneurship, Management, and Performance Management. Strong business development professional with a Master of Business Administration focused on Strategic Management from Maastricht School of Management.

HR Consultant, Certified Trainer and Coach with more than 15 years of experience in Management, HR and Personal Development. Certified OKR Professional, Certified Scrum Master, Talent Management & Acquisition, Certified Master NLP Trainer.

Provided training and consultation to corporates, design training needs analysis, Talent Acquisition, Policies & Procedures, Employee Relations, People Analytics.