



# EQ : CONVERSE TO CONNECT INTELLIGENTLY MASTERCLASS



BY ELITE INDIGO



***Unlock the power of Emotional Intelligence to  
enhance conversations, foster deeper  
connections, and create impactful relationships in  
your workplace!***

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100% HRDF Claimable

## EQ : Converse to Connect Intelligently Masterclass

### • Program Overview

According to Warren Bennis, people who have emotional intelligence, more than IQ or expertise, accounts for 85% to 95% of success at work. With professional training and practice, participants can become a people connector, work more productively and make yourself visible to others. If you can't converse, you can't sell yourself.

**EQ: CONVERSE TO CONNECT INTELLIGENTLY MASTERCLASS** is designed to help participants to uncover their own strengths and weaknesses when relating to others, first by being self-aware, shifting their mindset to see opportunities; as well as exploring ways to communicate and engage with people in every possible situations. It is also a course to boost participants' self-confidence and improve personal relationship and enhance social skills.

By going through the journey in EQ: CONVERSE TO CONNECT INTELLIGENTLY MASTERCLASS, this provides a solid foundation and indispensable skill for any person to become effective in making intellectual and socially pleasant conversations, specifically in a workplace environment. How you present yourself is the key to your professional success.



## EQ : Converse to Connect Intelligently Masterclass

### • Program Objectives

At the end of this Workshop, participants will be able to:

- Understand the items in being High EQ
- Understand Personality Profiles
- Able to read Profiles like a book
- Able to use their Strengths to enhance their organization
- Able to lessen their Weaknesses to be a better employee
- Able to lead with High EQ thinking and actions

### • Program Methodologies

Interactive learning and practice in two-way communication, infused with NLP and Coaching methodologies:

- + Proven High Impact Tools
- + Hands-on Practical Techniques

### • Program Participant's Prerequisite

Interactive learning and practice in two-way communication, infused with NLP and Coaching methodologies:

- + Proven High Impact Tools
- + Hands-on Practical Techniques

### • Who Should Attend

All Level of Management

- **Duration** Two (2) Full-Day Workshop;

- **Participants** 20 Max Pax Per Group



# EQ : Converse to Connect Intelligently Masterclass

## • Course Outline

### DAY 1

Time	Activity + Learning
8.00AM - 10.00AM	<b>Emotional Intelligence Quotient (EQ) In Action</b> Learning <ul style="list-style-type: none"> <li>• Perception &amp; Self-Talk</li> <li>• Intrapersonal and Interpersonal Skills</li> <li>• Case Study Video - High EQ vs Low EQ</li> </ul>
10.00AM - 12.00PM	<b>EQ Through Personality Profiling</b> Learning <ul style="list-style-type: none"> <li>• Conduct Personality Profiling - LPI Model</li> <li>• Creative Imaginator</li> <li>• Neutral Expert</li> <li>• Analytical Thinker</li> <li>• Relational Interactor</li> <li>• Decisive Decision Maker</li> <li>• A Combination of Profiles in Your Team</li> <li>• Case Study Videos - Recognising The Profiles</li> </ul>
12.00PM - 1.00PM	Lunch
1.00PM - 3.00PM	<b>Personality of The Person</b> Learning <ul style="list-style-type: none"> <li>• Understanding Personality</li> <li>• Personality Measures</li> <li>• Significance of Understanding The Different Personalities</li> </ul>
3.00PM - 5.00PM	<b>Personality of The Trainer</b> Learning <ul style="list-style-type: none"> <li>• Understanding Socio-Emotional Security &amp; Significance in Ourselves and Our Employees</li> <li>• Case Study on Security &amp; Significance</li> </ul>
5.00PM - 5.30PM	Debrief, Closing Speech & Recap





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## • Course Outline

## DAY 2

Time	Activity + Learning
8.00AM - 10.00AM	<b>Perception &amp; Stress</b> Learning <ul style="list-style-type: none"> <li>• Recognising Stress in The Workplace</li> <li>• Managing Stress in The Workplace</li> <li>• Feel Good HOrmones</li> <li>• Happiness Chemicals and How to Get Them</li> <li>• Thankfulness &amp; Self-Pity Chart</li> <li>• Case Study on Real Life Case of Thankfulness &amp; Self-Pity</li> </ul>
10.00AM - 12.00PM	<b>Emotional Excellence and Emotional Intelligence of the Person/Leader</b> Learning <ul style="list-style-type: none"> <li>• Emotional Intelligence</li> <li>• The Emotionally IHntelligence Workplace</li> <li>• The Scarcity of Emotional Intelligence</li> <li>• A Model of The High EQ Person/Leader</li> <li>• Case Study Video of a High EQ Leader</li> </ul>
12.00PM - 1.00PM	Lunch
1.00PM - 3.00PM	<b>The Emotionally Excellent Person</b> Learning <ul style="list-style-type: none"> <li>• Optimizing Self-Development</li> <li>• Enriching Your Interpersonal Skills With Others In The Organisation</li> <li>• HOw to Help Your Organization Using Your Strengths</li> </ul>
3.00PM - 5.00PM	<b>Moving On With Your Role As A High EQ Leader</b> Learning <ul style="list-style-type: none"> <li>• Maximizing Our Interpersonal Relationship With Others In The Organisation</li> <li>• What Each Profile Is Uncomfortable About</li> <li>• EQ Competencies and Literary Skills</li> </ul>
5.00PM - 5.30PM	Debrief, Closing Speech & Recap



## ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

## WHY CHOOSE US?

98% Customer Satisfaction  
based on Google Reviews



4.9 ★★★★★ 600 Google reviews

All our courses are 100% HRDF  
claimable and no PO needed.

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## OUR COURSES



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Dive into the cutting-edge world of AI, exploring algorithms, data analysis and more.



### TECHNICAL SKILL

Sharpen your technical prowess from programming, software and more.



### SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



### LEADERSHIP SKILL

Unleash your leadership potential with our Leadership Skills course



### TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy

