



BY ELITE INDIGO



I have an idea.



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



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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.



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 Methodoogies

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:

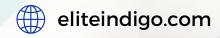
- + Proven High Impact Tools
- + Hands-on Practical Techniques



Who Should Attend

All Level of Management

- Duration Two (2) Full-Day Workshop;
- Particpants 20 Max Pax Per Group





Course Outline

(DAY1)

Time	Activity + Learning
8.00AM - 10.00AM	Emotional Intelligence Quotient (EQ) In Action Learning • Perception & Self-Talk • Intrapersonal and Interpersonal Skills • Case Study Video - High EQ vs Low EQ
10.00AM - 12.00PM	EQ Through Personality Profiling Learning Conduct Personality Profiling - LPI Model Creative Imaginator Neutral Expert Analytical Thinker Relational Interactor Decisive Decision Maker A Combination of Profiles in Your Team Case Study Videos - Recognising The Profiles
12.00PM - 1.00PM	Lunch
1.00PM - 3.00PM	Personality of The Person Learning • Understanding Personality • Personality Measures • Significance of Understanding The Different Personalities
3.00PM - 5.00PM	Personality of The Trainer Learning • Understanding Socio-Emotional Security & Significance in Ownself and Our Employees • Case Study on Security & Significance
5.00PM - 5.30PM	Debrief, Closing Speech & Recap





Course Outline DAY 2

Time	Activity + Learning
8.00AM - 10.00AM	Perception & Stress Learning Recognising Stress in The Workplace Managing Stress in The Workplace Feel Good HOrmones Happiness Chemicals and How to Get Them Thankfulness & Self-Pity Chart Case Study on Real Life Case of Thankfulness & Self-Pity
10.00AM - 12.00PM	Emotional Excellence and Emotional Intelligence of the Person/Leader Learning • Emotional Intelligence • The Emotionally IHntelligence Workplace • The Scarcity of Emotional Intelligence • A Model of The High EQ Person/Leader • Case Study Video of a High EQ Leader
12.00PM - 1.00PM	Lunch
1.00PM - 3.00PM	The Emotionally Excellent Person Learning Optimizing Self-Development Enriching Your Interpersonal Skills With Others In The Organisation HOw to Help Your Organization Using Your Strengths
1.00PM - 3.00PM 3.00PM - 5.00PM	Learning Optimizing Self-Development Enriching Your Interpersonal Skills With Others In The Organisation



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?

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OUR COURSES



ARTIFICIAL INTELLIGENCE (AI)

Dive into the cutting-edge world of Al, 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





