

Department of Mental Health and Behavioral Sciences **Working with Emotional Intelligence**

Objectives

As part of the Max Healthcare Industrial-Organization Psychology Initiative, the following modules are also designed to give value added input to your employees and your organization.

The objective of the course is to promote emotional, psychological and spiritual well being of the organization and its employees by helping them understand the nuances of individual psychology and develop effective ways of addressing emotional issues.

Course Description

Emotional intelligence is a specific skill, that can be learnt, and it involves imparting the right attitude to the person. This workshop helps the person have social and personal competence to effectively deal with life issues and deliver his best.

Duration

1 day

Learning Objectives

- Recognize differences in individual thinking and feeling
- Learn about one's individual personality type
- Understanding of one's own emotional quotient
- Develop functional coping skills

Who Should Attend:

- The course will benefit individuals in organizations including managers, team leaders, human resource development personnel, customer care staff and senior level trainers, managers, executives.

Course Content

- Definition of Emotional Intelligence
- Individual Personality Types
- Attitudes and their impact on our thinking
- How to develop/change your emotional quotient

Course Evaluation

The successful participants must have completed all of the below:

1. Attendance through entire program.
2. Participation and completion of related questionnaires done during and post-session