	Topic	**Emotional Intelligence at the Workplace**
1	Duration	1 day
2	Workshop description	Participants get to understand and experience in depth why emotional intelligence is key in getting themselves better relationships and engagement in the workplace. What is emotional intelligence, and why is it important? In this workshop, you will explore how emotional intelligence influences not only our relationships with others but also with ourselves.
3	Who should attend	This course is for anyone with a professional or personal interest in exploring emotional intelligence in workplace settings. It is suitable for those with a background in business. psychology or with relevant work experience and for those who wish to expand their existing emotional intelligence skills.
4	Learning objectives	• To understand what Emotional Intelligence is and learn about how it's different front 'traditional' intelligence, as well as how it can be used to develop i relationships and guide self-development. • Better understand relationship with own self and what others think of them. • Learn ways to manage their energy more effectively and become their best productive self
5	Learning outcomes	• Awareness of Emotional Intelligence (EI) and understanding central components of this soft skill • For leaders, to be able to lead with Emotional intelligence, thereby building a high performing team • How to improve intrapersonal and interpersonal skills based on EI • Understand hon emotional intelligence improves performance in the workplace
6	Training Course Outline	**Introduction: Thinking about our emotional** lives. We often prioritize our rational world. We go to school and learn about things. but what about the challenge of educating ourselves about our emotions? Section 1: What is Emotional Intelligence? • Roots of emotional intelligence • Models of emotional intelligence

		Section 2: Emotional Intelligence at Work • Why it matters. • Assessing emotional intelligence of leaders • Emotional intelligence and your teams Section 3: Emotional Intelligence and You • Heart vs brain • Psychological flexibility Section 4: Building Emotional Intelligence • Be the Fog exercise. • Accepting your emotions (group exercise) • Making eye contact exercise Section 5: Managing Emotional Intelligence with Stakeholders • Emotional intelligence and know'ledge matrix • What influences stakeholders
	Training Methodology	The training methodology will be based on the Truth speakers ELSA methodology. This will include: • High impact short lectures • Lively activities • Learning by Teaching • Role Playing • Instant feedback from the facilitator

HRDCorp Claimable:

Course name: Emotional Intelligence at the Workplace
Claimable number: 10001326811

TRAINER PROFILE

SAMUEL LOH
Corporate Trainer/ Performance Coach
Leadership & Team Performance

Samuel's roots in salesmanship has helped him to understand the challenges faced by front liners and those on the field when it comes to chasing goals and achieving targets.

He is currently a corporate trainer and performance coach, specializing in leadership and team collaboration. With more than 16 years of working in global and regional financial institutions, Samuel is able to tap into a plethora of experiences in sharing, connecting and motivating people. Dynamic and energetic, he is involved in forums, panel discussions and professional support groups. His experience as a retail bank branch manager has also given him exposure as a community leader and financial services consultant. He is also a HRDF certified trainer.

Samuel is also trained in SOLVE-model coaching and applies this school of technique while dealing with his coachees and interacting with trainees. He firmly believes that by concentrating on building solutions, rather than analyzing problems, he would be able to help clients make measurable progress in the least needed time.

He always approaches any challenge with sincerity, dynamism and humour, and by doing this he hopes that he would be able to infect all his course participants with the right mindset in succeeding in achieving their personal goals.