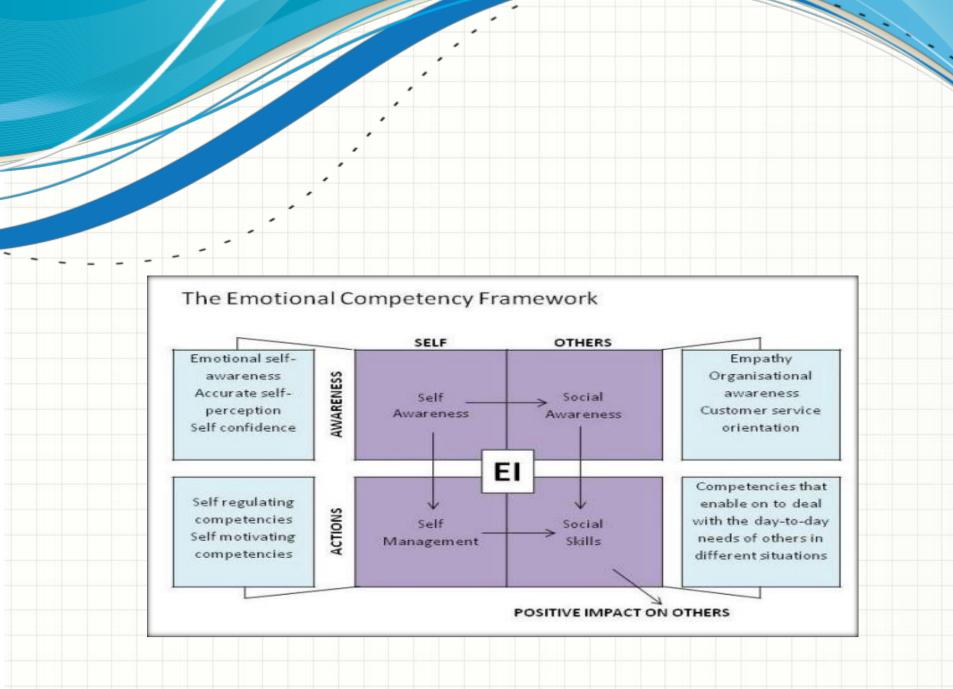


FOR
PERSONAL AND PROFESSIONAL DEVELOPMENT





EI APPLICATION - STRUCTURED MODULES

- **PERSONAL EFFECTIVENESS** [SELF AWARENESS, SELF MANAGEMENT]

- **HARDINESS** [RESILIENCE]

- INTERPERSONAL SKILLS & LEADERSHIP [SOCIAL AWARENESS, RELATIONSHIP MANAGEMENT, COMMUNICATION COMPETENCE AND ASSERTIVENESS]

- **ENGAGING WORKPLACE** [TEAM DYNAMICS, ACCOUNTABILITY & RESPONSIBILITY]

- WORK-LIFE BALANCE [SELF DEVELOPMENT, CREATE VALUE]

LEARNING OUTCOMES -

- ** Personal Vision & Mission statements
- ** IQ vs. EQ
- **FOUR domains of EI**
- ** Self Management - Build positive, healthy and effective relationship
- ** Components of EI at work
- ** Emotional Intelligence competencies and link to Organizational Effectiveness
- ** Learn, Understand and Develop Strengths & Tendencies

