



Emotional Intelligence: Harnessing Your Emotional Energy for Superior Performance



Overview:

Date: February 03 – 05, 2025
Venue: IIMK

Managing your emotions in the workplace is probably more important today than it ever has been because today's workplace is a challenging place. To succeed, it is therefore important to not just understand your emotions (be self-aware) but also to be in control of your responses (self-regulate), recognize how your emotions affect your actions and the actions of others (develop social skills) and deploy such capabilities while at work (Daniel Goleman, 2004). Furthermore, positive emotions are of great value in organizations as they have the potential to improve relationships, increase trust, and build productive and satisfying relationships at work.

Taking a potential-centric approach (as against a problem-centric one) to an individual's emotional expressions, this three day Programme intends to help participants discover and enhance the emotional energy that drives their work and life purpose. Attending this course will help participants learn how to develop higher levels of emotional intelligence and deal with expectations of emotional labor effectively. Further, it will support participants in learning how to manage emotions

positively to gain the support and cooperation of subordinates, colleagues and superiors and consequently energize the underlying emotional engines for personal effectiveness and growth.

Programme Director:
Prof. Priya Nair Rajeev

Fee:
Rs.50000 (Residential),
Rs. 40000 (Non-Residential) + GST 18%



Objectives:

The Programme will help participants to manage their emotions for superior performance and lead a stress-free life. Participants will learn how to use emotions in productive ways.

Day One

- Emotional intelligence: exploring the power of emotions.
- Dealing with self-conscious emotions.
- If only I had. Undoing past decision regret.
- Coping with disappointments in life.

Day Three

- Primal Leadership: using empathy at work-place.
- Personality, gender & emotions: breaking stereotypical assumptions.
- Understanding & assessing your blocks to creative expression.
- Unblocking for creativity and personal growth.

Day Two

- Managing difficult colleagues.
- Managing difficult conversations.
- Emotional Intelligence: what is it?
- Assessing your EQ & Feedback



Targeted Participants/profile:

This Programme will be useful for employees across levels and functions in the organization who are experiencing intense emotional and/or stressful situations at work. The perspectives built and the emotional regulation capabilities developed in the course will be especially helpful for leadership development.

Pedagogy:

The Programme will use a variety of pedagogical tools such as lectures, discussions, role plays, exercises and assessments to support the learning activities.

Outcomes:

Greater maturity in managing emotions & building a new perspective in managing emotions and one's mind. Identifying blocks to creativity and drafting a developmental plan for enhancing their creative potential.



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