

## **PROGRAMME PROPOSAL**

A 2-day in-house programme on

### **EMOTIONAL INTELLIGENT**

~ The New Leadership Competency ~

#### **The Rational**

We're living in a fast-moving world. The pressure of modern life is very taxing, not just to the body but also to the mind. To quote Daniel Goleman, "The rules of work are changing. We're being judged by a new yardstick, not just by how smart we are, or by our training and expertise, but by how well we handle ourselves and each other". Handling ourselves and others well requires us to look into how well we make use of our emotions. More often than not, we tend to display negative emotions. Cases of road rages, child beating, and other forms of domestic violence are just some examples of negative emotions at work in our modern society. In the workplace, our moods and actions have great impact on those around us. This is more so if we're in leadership position. Mood and feeling resonates. If we're happy, the workplace will be fired with enthusiasm. If we're sad, of course a climate of gloom will surround the workplace. In this course, we'll get to the core of emotional intelligent or EQ, as it is commonly referred to. Emotional intelligent has got to be today's workers new competency. This two day course will tell you why.

#### **Program Objectives**

Upon completion of this course, participants will:

- Have better understanding of the various facets of emotions.
- Appreciate the need to manage their emotions in a more rational way.
- Will be more sensitive and responsive to the needs and feelings of others thereby contributing towards a harmonious work environment.

## Course Outline

1. Introduction to EQ
  - a. Playing with emotions
  - b. EQ or IQ
  - c. Facets of Emotions
  - d. Emotional Literacy
  - e. Emotional Fitness
  
2. The Four Cornerstone of EQ
  - a. Emotional Depth
  - b. Emotional Alchemy
  
3. Applying EQ in the family
  - a. EQ in family environment
  - b. The Cost of Emotional Illiteracy
  
4. Benefiting From EQ in Human Relations
  - a. Self Awareness
  - b. Self Management
  - c. Relationship Management
  - d. Social Awareness
  
5. Recapturing Lesson learned
  - a. To highlight important point learned

## Target Participants

This two day course is relevant for all categories of staff. Emotions after all, transgress organizational hierarchy.

## Facilitator

This course is to be conducted fully by Dr. Dusit Jaul, currently Senior Project Coordinator with INTAN Sarawak. Dr. Dusit had developed training packages, conducted numerous training programmes and lectured on a number developed training packages, conducted numerous training programmes and lectured on a number of subjects covering areas of leadership, management, personal development and motivation. The impact of his lively training and ideas has generated greater energy and direction towards the challenge of excellence.

## Course Delivery

Knowledge is disseminate through a combination of lecture and interactive dialog/sharing with participants. Where lecture is concerned, notes will be presented in power point form.