



EMOTIONAL INTELLIGENCE WORKSHOP TOPICS



AGENDA

1. *Anger Management*

- Identification of Anger
- Adopting a System to Deal with Anger
- Learning to Love Yourself
- Dealing with Situations where Employees have High/ Low Self Esteem
- The Art of Forgiveness
- Establishing Balance of Home/Work/Life

2. *Leadership*

- Learning to be More Assertive
- Learning to Say No
- Time Management and Planning
- Differentiating Between Important Versus Urgent
- Better Decision Making
- Better Decision Making for Groups
- Importance of a Power Nap
- How to Clear Your Mind
- Getting Familiar with Changing Perspectives

3. *Communication and Relationships*

- Personality Types and Relationships
- Differentiation in Relationship Types
- Improving Workplace Relationships
- Relationship Maintenance
- Developing Longer Lasting Relationships
- How to Become More Approachable
- How to Talk More Effectively
- How to Listen More Effectively

4. *Self Enhancing Image*

- Identification of a People Pleaser Victim
- How to stop being a victim of people pleasing
- Becoming More Self Aware
- Connecting with Self Image
- Healthy Affirmations and Health Tips

5. *Stress Management*

- Understanding Stress and its Implications
- Identification of Stress Triggers
- How to Manage Stress
- How to Balance Life

**ANGER
MANAGEMENT**

LEADERSHIP

**COMMUNICATION
& RELATIONSHIPS**

**SELF ENHANCING
IMAGE**

**STRESS
MANAGEMENT**