



“Stress Management Workshop “Enhancing your Emotional Intelligence: The Neuroscience Way”.

About the Program

Emotional intelligence (EI) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others. Emotional intelligence affects: Your performance at work, physical health, mental health & relationships.

Who is it for?

Managers/Individual contributors with work experience up to 15 years.

Duration

Pre-workshop mail, 1 day live training and 4 weekly emails, weekly coaching calls - optional

Program modules

Module 1: What is Emotional Intelligence?

Module 2: Seven neuro-cognitive activities that nurture the mind and reduce stress

Module 3: Emotional Regulations Strategies

Module 4: Action Oriented Strategies

Module 5: Interacting with People for a “Towards Response” against an “Away Response”

Program outcomes

Improved focus and outcomes at workplace

Improved Collaboration

More energy throughout the day

Prime Meridian Consulting India Private Limited is a company incorporated with the purpose of “building leaders everywhere”. The company deliver trainings and consultancy to help people perform at world-class levels at every level of Organization.

Participant’s Feedback

- Mind blowing, fantastic, thank you very much for the wonderful session.
- It was a great Learning and interesting workshop. I enjoyed it a lot. Thank you so much for all the knowledge you have given.
- Excellent liked it very much. The first workshop in my life where I am carrying away workable meaningful insights both for professional and personal life.
- I am really very much impressed by his way of presentation through personal examples. It was really a wonderful session.
- Fantastic, very positive and engaging, would love to attend more of such sessions.
- Interactive, entertaining, knowledgeable.
- It was very interesting and it’s like an eye opener. We have been spirited and enthused a lot during the workshop.