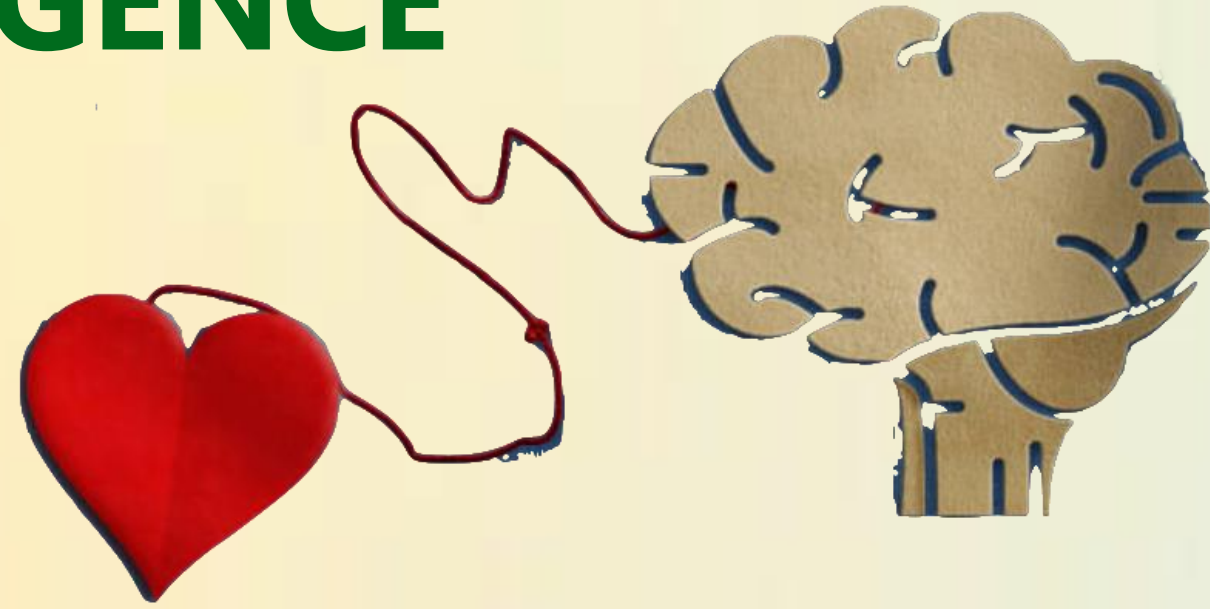


Training Program

MASTERING EMOTIONAL INTELLIGENCE



People have been trained to solve work-related problems on a cognition level, but they lack understanding on solving problems and managing people on a emotional level. People are driven by emotions, and behind every action a person takes in work related or personal life situation, there is an emotion behind it.

In our EI training program we focus on teaching participants the language of emotions, and dive deep into discovering, understanding and regulating own emotional needs and emotional needs of others. The participants will learn emotional labelling, feeling exploration, emotional regulating and ways of building meaningful relationship with self and other organizational stakeholders.

LEARNING OBJECTIVES

1. The participants will be able to identify EQ and its application in their work related situations.
2. The participants will learn multiple intelligence by using **Howard Gardner Model** of multiple intelligence.
3. The participants will explore own emotions and emotional triggers by using **Dr. Tasha's emotional awareness** model.
4. The participants will gain knowledge about different types of emotions, learn emotion labelling and its application in work situation using **ML Emotional Tree Model**.
5. The participants will explore own feelings and raise feeling awareness by using **Dr Marc Barckett, Mood Meter Model**.
6. The participants will learn the basic **neuroscience** of emotions and how to use this knowledge to improve decision making.
7. The participants will practice and learn techniques to manage, control and regulate their **emotions** through role plays and group activities.
8. The participants will learn **ML Emotional Management Model** and its application in personal and professional life.
9. The participants will develop the capacity to understand and **empathize** with the emotions and perspectives of others, fostering better **interpersonal** relationships.

Training Program

MASTERING EMOTIONAL INTELLIGENCE

TRAINING DETAILS

This is a 2 days comprehensive hands-on training program designed to equip participants with knowledge, awareness and skill pertaining to the development of emotional intelligence. This program has been developed over 8 years of experience and has been conducted with people from all walks of life.

We will use practical proven models and methods for understanding emotions and feelings and raise our awareness in terms of understanding our own emotional needs as well as that of others.

LEARNING OUTCOMES

As a result of this course, the organization will receive following outcomes

- More self aware and emotionally conscious leaders and team members.
- Emotionally calm and stable employees, who can handle challenging situations without over reacting.
- Empathic leaders who generate higher employee engagement and team performance.

TARGET AUDIENCE

Mid-level department heads
First time managers
Project managers
Team leads
High potential team members

METHODOLOGY

Role Plays
Case-Study
Purpose Driven Activities
Reflection
Power Point Slides
Interactive Discussion
Experience Sharing

CLIENTS FEEDBACK



Bilal Yousuf Chabra

CEO at **Louis Dreyfus
Company** (LDC)

“On our annual SHE day we brought in Tanzeel to talk about the importance of healthy lifestyle and also engage the team in some exercises. Tanzeel was very convincing in showing a relationship between a healthy lifestyle and happiness; since the session, many of us started regular training and balance diet resulting in efficiency at work and also improvement in our happiness levels. Apart from that he taught us various exercises that can be done at work and engaged us in a lot of fun activities. I highly recommend Tanzeel training and coaching of health and wellness.”



Surriya Nasim

Country Manager at **PV360**

“We are truly grateful for the transformation we have experienced under Tanzeel’s consultancy. Not only we have achieved our initial management goals, but we have also developed a newfound sense of confidence and self-discipline. I wholeheartedly recommend Mr. Tanzeel Raza to anyone seeking a dedicated, knowledgeable, and motivating trainer who can truly make a positive impact on their organization transformational journey. Thank you, Mr. Tanzeel Raza for being an exceptional trainer and mentor”



Faraz Quddusi

CEO at **QBS Co**

"We selected Tanzeel to deliver a Key-Note session on change management with one of our clients who was undergoing a digital transformation. Tanzeel session was exceptionally motivating, and the way he connected with the audience through story telling and integrating our client’s vision and mission into his talk really helped us with smooth implementation of the project. I would recommend Tanzeel Raza for change management and employee capacity building training programs.

TANZEEL RAZA TRAINING EXPERIENCE **VIDEOS**

Training Program - Testimonials



<https://www.youtube.com/watch?v=FKpxkeg80is>

Testimonial - Senior Engineer (PRL)



https://www.youtube.com/watch?v=7s_d6E0tbRA

Testimonial - Chief Medical Office (PRL)



<https://www.youtube.com/watch?v=bNE7PKM85GI>

Testimonial – Employee Wellness Program (State Bank of Pakistan)



<https://www.youtube.com/watch?v=4IWBNmtHQzs>

Testimonial – Personal Productivity Program (Pakistan Stock Exchange)



<https://www.youtube.com/watch?v=MMw8W7zBUfM&t=6s>

Testimonial – Leadership Development Program (TPL Corp)

Wellness Training Programs



<https://www.youtube.com/watch?v=-DVn3mUrhnk&t=13s>

Wellness Program (Dolmen Group)



<https://www.youtube.com/watch?v=gn4cGCpW6go>

Wellness Program (State Bank Pakistan)



<https://www.youtube.com/watch?v=NIG0Hnhvh64&t=36s>

Wellness Program (LDC French MNC)



<https://www.youtube.com/watch?v=4gf5d8bL5Gc&t=2s>

Testimonial – Meaningful Wellness Program (Dolmen Group)



<https://www.youtube.com/watch?v=-yYGy6lhj-4>

Wellness Training Program – Pakistan Refinery Limited

Other Training Programs



<https://www.youtube.com/watch?v=RnpUwSmLogE>

Problem Solving & Decision Making Training



<https://www.youtube.com/watch?v=0kFFjsOM5jE>

Time & Stress Management – Open Enrolment Program



<https://www.youtube.com/watch?v=686gNpwwkUg>

Team Building Training Program – AA Joy Land



<https://www.youtube.com/watch?v=onbsYVud42Q>

Time & Stress Management – Open Enrolment Program



<https://www.youtube.com/watch?v=fYo79xic8xU>

Personal Productivity Program – Pakistan Stock Exchange



For in-house or customized training programs

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Training