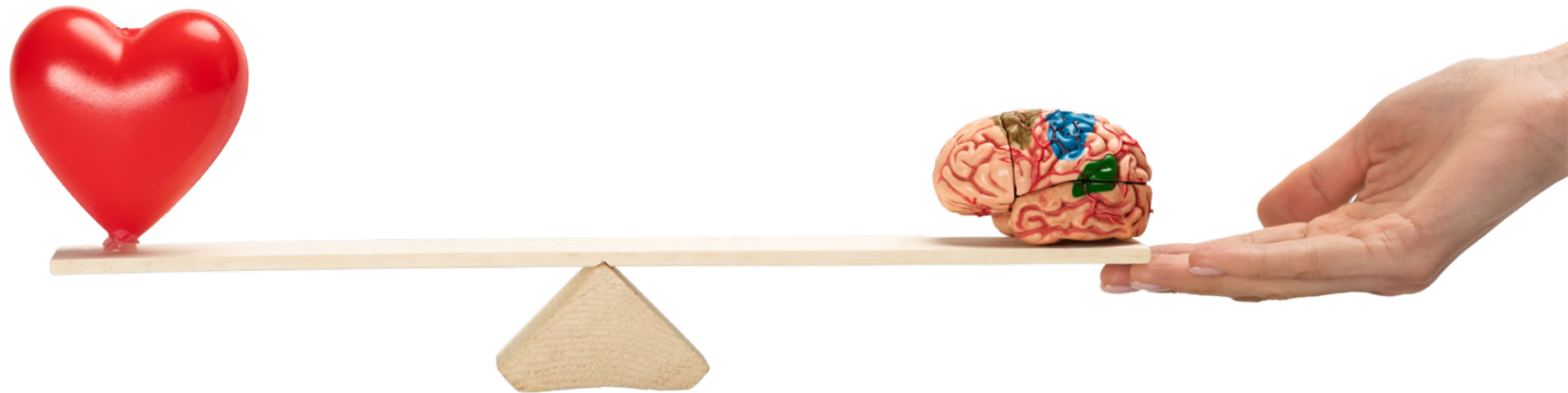


Emotional Intelligence For Workplace Excellence

Understand Emotions. Manage Reactions. Strengthen Relationships.

By Tanzeel Raza





EI For Workplace Excellence

Program Overview

In today's workplace, most professionals are trained to solve problems at a cognitive level—yet struggle when it comes to managing emotions, both their own and others'. And since every decision, behavior, and interaction is driven by emotion, this gap directly impacts performance, collaboration, and leadership effectiveness.

Our Emotional Intelligence (EI) program bridges this gap.

We equip participants with the *language of emotions* and practical tools to recognize, understand, and regulate emotional responses. Through structured exploration, they learn emotional labelling, deepen self-awareness, and develop the ability to navigate interpersonal dynamics with clarity and empathy.

Learning Outcome

Participants will be able to recognize, label, and regulate their emotions in real-time to respond constructively in workplace interactions and decisions.

Training Methodology

Assessments - Case Studies - Group Discussions - Role Plays - Purpose Driven Activities - Action Planning



EI For Workplace Excellence

Learning Objectives

- Develop a clear understanding of **Emotional Intelligence (EQ)** and its practical application in workplace scenarios.
- Gain awareness of **multiple intelligences** and how different strengths influence behavior and performance at work.
- Identify personal **emotions and triggers**, building deeper self-awareness.
- Understand different types of emotions and apply **emotion labeling** to navigate workplace situations effectively.
- Enhance **emotional awareness** by recognizing and interpreting feelings in real time using **Dr Marc Brackett Mood Meter Model**
- Learn the **neuroscience of emotions** and apply it to improve decision-making and responses under pressure.
- Practice practical techniques to **manage and regulate emotions** through interactive activities and role plays.
- Apply structured approaches to **emotional management** in both personal and professional contexts.



Meet The Trainer

Tanzeel Raza



Tanzeel Raza is **the CEO of Meaningful Lives** and a seasoned corporate trainer, consultant and coach, specializing in leadership development, personal productivity, and workplace wellbeing. With a strong emphasis on soft skills training, he empowers professionals and organizations to achieve sustainable growth through practical, **human-centered learning experiences**.

He has over **10 years** of experience in training & transforming professionals and organizations in **Australia** and Pakistan. He has worked with top global organizations, include "**Hudson Global Resource**", a leading MNC providing learning and staffing solutions in Australia. Tanzeel's training programs are designed based on latest academic researches, **proven tools**, frameworks, models and includes **real life corporate** short case studies to build relevance and relatability with his audience. He has facilitated more than **750 trainings** in Pakistan, has worked with more than **100 organizations** and have trained more than **20,000** professionals from all walks of life.

He completed his **MBA** from CQ University (**Australia**) in International Business and an ACCA Affiliate. He is a **Certified Public Speaker** from California Institute of Behavioural Neurosciences & Psychology and a **Certified Professional Trainer** from **IAPPD, UK**. Tanzeel also teaches **Leadership and Management** courses to MBA students. Tanzeel is also a **Certified Fitness Trainer** from Australian College of Sports and Fitness and **Certified Boxing Trainer** from Punchfit **Australia**.

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