

# EMOTIONAL INTELLIGENCE

## THE ART OF *GROWTH*

by Sitwat Farrukh

One Day Workshop: 16<sup>th</sup> January, 2018

From 10:00 a.m - 04:30 p.m.



### OVERVIEW:

This workshop will take the participants on a journey of self discovery through several self assessments and group exercises, to ascertain what it is that each individual is seeking, both in their personal and professional lives.

It will walk them through the basis on which people make major decisions in their lives including the career they pursue and will demonstrate how our daily choices determine our future direction.

It focuses on the critical skill that managers need to have for success: Emotional Intelligence.



### TRAINING METHODOLOGY:

- Introductions/Ice breaker
- Discussion on Self Awareness; why are we all here? What drives you?
- Group Exercise: Prime motivators; Major demotivators {to be followed by a brief group discussion on how it relates to professional life}
- What is Emotional Intelligence? How does it apply to you?
- Who is responsible for our development? Who is in control?
- Discussion on participants' professional aspirations, time frames and career paths
- Detailed discussions on the requisite basic Leadership skill set of middle and senior management including Time Management, Team Work, Negotiation Skills, Effective Decision Making, Enthusiasm and a "Can do!" attitude
- Leadership Activity Exercise (Groups)
- Discussion on Management Styles
- Open discussion
- Concluding remarks and a summary of the day's proceedings



### WHO SHOULD ATTEND?

Professionals, Managers, Functional Heads, Line Managers, Junior Managers, Team Leads and All those aspiring to enhance their Emotional Intelligence skills.

### FACILITATOR'S PROFILE:



**Sitwat Farrukh** worked as a Corporate Banker for several years with reputed names such as Standard Chartered Bank, Bank of America and Union Bank.

Since 2008, she has been engaged as a full-time consultant and trainer, and is on the panel of various Banks and companies.

She has covered a diverse range of assignments including Relationship Management, Leadership Development, Negotiation Skills, Emotional Intelligence, Career Development, Anger and Stress management, Communication Skills, Change Management and several Management Trainee programs.

Sitwat has an MBA in Finance from the Institute of Business Administration, Karachi, and a Banking Diploma from the Institute of Bankers, Pakistan. She has also received "Train the Trainer" certification from Standard Chartered Bank and is a certified "Credit Professional" under the Omega Consulting Expert Credit Program.

### WHEN & WHERE?

16<sup>th</sup> January, 2018

From 10:00 a.m - 04:30 p.m.

Venue: The Royal Rodale Club, Phase V, DHA, Karachi.

Registration Fees*	Early Bird Fee (Register by 2nd Jan 2018)	Regular Fee (Register after 2nd Jan 2018)
MAP Institutional Member	Rs. 11,900/-	Rs. 13,500/-**
For two or more Institutional Members	Rs. 10,900/-	Rs. 12,500/-
MAP Individual Member	Rs. 9,500/-	Rs. 11,000/-
Student Member	Rs. 5,000/-	Rs. 5,500/-
Non-Member	Rs. 15,000/-	Rs. 16,000/-**
*Includes, MAP Certificate, Printed Course Material, Lunch and Tea		
**Note: 20% Discount is available on nominations of 5 or more participants.		