

E.Q. - That Factor for Success! (7 hours)

(Emotional Intelligence and how to cultivate it in order to achieve Success)

What E.Q. is all about and why its critical for success

- Managing emotions: How it can make us win in every situation

The Five Secrets of Success

- The vital traits that successful individuals have, and what the unsuccessful ones do not

What Stops you from achieving EQ?

- The Seven Road Blocks

Developing EQ traits in you

- List of powerful traits
- Defining them
- Developing them
- How to develop EQ qualities in yourself

Helpful tips on the road to achieving EQ

- The Road signs to watch out for

Dealing with toxic people at work

- Identifying toxic people
- How they affect you
- Golden rules that can help you deal with them

Maintaining your EQ against all odds

- Its very possible to retain your EQ (and sanity!) no matter how disturbing your environment

How to improve your emotional state

Managing yourself

- Five points to help you manage your own behavior

Question and Answer Session