

Emotional Intelligence
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Introduction

Emotions play an important role in shaping the thought process and actions of an individual and a person adept at handling emotions in a matured way is found to be not only productive but happy at work place as well. With an increasing competitive environment, people are prone to suffer from emotional disorders causing innumerable problems in personal and professional life. In this context, the programme aims to address the issues arising out of such problems and enable people to understand emotions from a holistic perspective which in turn can address personal, interpersonal and occupational problems at work place.

Programme Objectives

- Enhance capacity to handle emotions in a positive manner leading to happiness
- Develop sensitivity towards the emotions of others and act as per the circumstances
- Overcome negative emotions in both personal and professional life
- Focus more on performance and productivity and also alter the ways of looking at things

Target Group

Personnel working at all levels may attend the programme as they need to understand emotions of self and also others as well so that the workplace relationships are smooth and happy. Personnel who want to climb the organizational ladder as higher level jobs require more understanding of the emotions of people around.