

Madras Management Association – Konrad Adenauer Stiftung

present one day workshop on

# **Emotional Intelligence**

**Date**

**Saturday, 20 January 2018**

**Timing**

**10.00 am to 5.00 pm**

**Facilitator**

**Mr Ganesh Kumar S**

Corporate Trainer

**Venue**

**Madras Management Association**

**21/11, 3rd Cross Street, Seethammal Extn, Teynampet, Chennai – 18**

## **Overview:**

Human beings are a box of emotions; if we handle the emotions well enough, anybody can be handled. If you cannot handle / manage emotions then you cannot have control over any situations or that matter any person. Gone are the days where people are managed using authority, today in the current situation emotional intelligence plays a major role in people management. Given any situations handling customers, managing a team, creative a conducive work environment, getting the best out of any individual all of it requires emotional intelligence.

## **Workshop Content**

- What is Emotional Intelligence?
- Emotional Awareness
- Emotional Graph
- Others Awareness
- Connecting with others emotions
- Becoming aware of others emotions

- How to manage stress
- Stress reduction techniques
- How to build relationships
- Being empathetic

### **For Whom:**

Human Resource Managers/Heads, Heads of Departments, Team Leaders, Project managers, Sales and Marketing professionals, Learning and Development Teams, Entry to Middle level managers.

### **Key Takeaways**

- ❖ Become aware of their own emotions
- ❖ The participants will learn to manage their emotions
- ❖ Be in control during stress situations
- ❖ Practice reading others emotions
- ❖ Get into rapport with people instantaneously
- ❖ Learn methods to connect with others emotions
- ❖ Become a people manager
- ❖ Handle stressful situations at ease
- ❖ Learn the master stroke for relationship management
- ❖ Have control over your emotions at all times

### **Facilitator Profile:**



Mr Ganesh is the Founder and CEO of EQ Universe Learning Solutions Pvt Ltd which is into Training and Coaching for Emotional Intelligence, and Giant Leap Learning Solutions Pvt Ltd a company which is into Soft Skills Training, and Coaching.

He is an Entrepreneur, Trainer, Author and a Life coach. He has done his Master of Business

Administration from BIM (Bharathidasan Institute of Management), majored in Marketing and Human Resource.

He has a decade of experience in the sales and training industry. He has worked in Citibank for about 6 years, a multinational bank with its head office in the U.S. He has held various positions in the bank from being City Head Coimbatore for personal loans to a Manager heading a team of Citibankers in Chennai handling sales of cards, personal loans, home loans, Insurance and CASA accounts. He has also worked with ICICI Bank in up-country Karnataka as Sales Manager handling their Credit cards and Merchant acquiring business.

His passion towards training and coaching has led him to leave the corporate world; and he founded **Giant Leap Learning Solutions Pvt Ltd** in 2012 – a transformation company which is into soft skills training for various corporate and colleges. He further specialized in Emotional Intelligence and created a company, which exclusively trains and coaches people on Emotional Quotient - **EQ Universe Learning Solutions Pvt Ltd**. He runs programs for corporate as well as the college students, the future corporate. He is a NLP (Neuro Linguistic Programming) Practitioner Certified by American Board of NLP, NLP Master Practitioner Certified by NFNLP (National Federation of NLP), Success Coach certified by ICF (International Coaching Federation), TA 101 (Transactional Analysis) certified by ITAA (The International Transactional Analysis Association) , International Train the Trainer completed from Blair Singer and has Completed Master Diploma in Training certified by IATD (Indian Academy of Training and Development).

He specializes in Emotional Intelligence for Leaders, Emotional Intelligence for Sales & Customer Facing Executives, Leadership Skills, Performance Enhancement, Faculty Training, Life Skills and NLP.

Some of the companies he has trained so far are Tata Consultancy Services, Accenture, Amazon, Citibank, Ramco Systems, Schneider India, ICICI Lombard, L&T Infotech, Ramco Cements, Ramboll India Pvt Ltd - Oil and Gas, Vestas, GIL Shared Services Pvt Ltd, Confederation of India Industries(CII), Pricol Technologies, BI Worldwide, Agility Logistics, Canara Bank, UCO Bank, Renault, Hyundai Motors India, Mobis, Haritha Seating Systems, Haritha Fehrer, Cura

Healthcare, Life Insurance Corporation, Yennes, Madras Management Association(MMA), EDDISSIA, TFSC, Ekart Logistics, M R Logistics, Sands India .

**Fee Details :**

Special discounted fee for MMA members – **Rs.1,800/- per participant (Inclusive of GST 18%) for MMA members.**

**Participation fee – Rs.2,500/- + GST 18% per participant**

The fee includes Workshop Kit and Lunch.

The cheque/DD to be drawn in favour of “**Madras Management Association**” payable at Chennai.

Prior registration is necessary. The fee once paid will not be refunded; change in nomination from same organization will be permitted.

For Registration kindly send us participants **Name, Designation, Organisation, Contact No and Email id.**

Look forward to the pleasure of receiving your nominations at the earliest.

Thanks & Regards

**Gp Capt R Vijayakumar, VSM**  
**Executive Director**  
**Madras Management Association**  
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**Seethammal Extension**  
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