

Emotional Intelligence: Why You Need It If You Want to Succeed

Studies have shown that Emotional Intelligence (EI) is the best predictor of workplace performance. It is also a strong driver of leadership and excellence.

If you want to develop more trusting relationships in your business area, it is essential that you increase your use of emotional intelligence.



People with emotional intelligence have more motivation, self-confidence, decision-making ability, and empathy than people with poor emotional intelligence.

At this workshop, you will learn and practice EI skills that will achieve personal awareness, manage stress, connect with others, engage collaboration and develop resilience.

“If your emotional abilities aren’t in hand, if you don’t have self-awareness, if you are not able to manage your distressing emotions, if you can’t have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.”

Daniel Goleman

How you will benefit

By the end of the workshop, you will be able to:

- Identify and manage emotions that impact your work.
- Practice stress management techniques to stay emotionally balanced.
- Apply EI skills to build better relationships with colleagues.
- Use EI to become a more compassionate and effective manager.

What you will learn

What you will learn in this workshop:

- Emotional Intelligence and its components
- Expand your self-awareness by identifying and managing your emotions
- Practice stress management techniques to stay emotionally balanced
- Improve your social skills and collaborate more effectively with team members
- Develop your resilience, motivation, and ability to build trust with peers
- How to become a more compassionate and effective manager with EI

Who should attend

Managers, supervisors, and executives who want to build better working relationships with their colleagues and become a more compassionate and effective manager.

What participants say about the workshop

“I enjoyed the workshop especially the examples and exercises on EI.” *Manager, Pharmaceuticals*

“I attended EI courses before but this one gives interesting contents that I can use immediately.”

Manager, Sime Group of Companies

“The tools taught are easy to understand and use. I wish I learned them when I started working years ago.” *Manager, Oil and Gas*

AWS workshops

AWS workshops will help you become more productive at work. You will learn proven techniques that will help you solve problems faster, be more creative, and think more effectively.

Some of our clients

AIA Insurance, American Express Bank, Berjaya Group (Malaysia), Central Provident Fund Board, DBS Bank (Hong Kong), DBS Bank (Jakarta), DBS Bank (Singapore), Glaxo Smith Kline, Housing and Development Board, Inland Revenue Authority of Singapore, Infineon Technologies, Intercontinental Hotel Group, Keppel Land, Keppel Shipyard, Land Transport Authority, Micron Semiconductors, National University of Singapore, Prudential, RHB Bank, Singapore Airlines, Singapore Technologies, ST Aerospace and Temasek International.

About the trainer

Wong Peng Wai is a management consultant and corporate trainer.

An affable and engaging trainer, Peng Wai has conducted hundreds of workshops on change management, time management and systems thinking in Singapore, Kuala Lumpur and Jakarta. As a consultant, Peng Wai has done more than thirty large projects on change management, information technology, banking systems and human resource planning.

Before starting his training company, Peng Wai was head of investment banking technology at Citibank N.A. and consulting manager at Union Bank of Switzerland.

With a M.B.A. and a B.Eng., Peng Wai is also certified trainer in emotional intelligence and cognitive sciences.

For more information, contact AWS PTE LTD • www.aws.com.sg • Email: info@aws.com.sg

Workshop Registration Form

Emotional Intelligence: Why You Need It If You Want to Succeed

Date: _____ Time: 9:00AM to 5:00PM

Venue: _____

Fee: _____

Name: _____

Company: _____

Address: _____

Email: _____ Tel: _____

To register for the workshop, please fill in the Registration Form and email it to us at info@aws.com.sg.

AWS PTE LTD/AWS TRAINING reserves the right to cancel a workshop due to insufficient enrolment or unforeseen circumstance.