

*“People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting meaningful relationships.” — Daniel Goleman*



## Master Your Emotions Now!

Experience our **Emotional Intelligence Program** to help understand and manage emotions in order to excel at workplace

### Program Objectives

- Recognize how to manage emotions and positively influence self and others.
- Develop self leadership effectiveness by creating an atmosphere that engages others.
- Build more effective relationships with people at work and surroundings.
- Enhance satisfaction and fulfillment at work that supports high performance.

**SYSTEMATIC COMPETENCY ALLIANCE**  
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Email: info@scoma.com.my



We are a Training and Consultancy Solutions Provider firm specializing in the area of Human Capital Development. We aid organizations to optimize their performance through effective and efficient management of people, business processes and change

## Features :-



### Attendees

- Managers
- Executives
- Non-Executives
- Supervisors

### Certification

- Certificate of Attendance

### Methodology

- Lecture
- Discussion
- Presentation
- Role Play
- Group Activity

### Content

- Adult Learning Principles
- Self Concept Theory

## Program Synopsis

This program is fully equipped with the tools and techniques that can be easily applied into every aspect of the daily life. The tools when implemented have a very profound effect on quality of life because it addresses the core issue; SELF ESTEEM. We strongly believe that a person's performance or results is generated from his/her behavior. His/her behavior is strongly governed by their BELIEFS. Rather than just tackle the end result that we see from a person's work, we seek to identify the root cause of the LIMITING BELIEFS in their belief system. This is more lasting and transformational to employees.

## Duration:

*2 days program*

## Course Fees:

*Contact us for more info and quotation.*



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SCOMA



SCOMAWORLD



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