



Developing Emotional Intelligence Using MBTI®

With an understanding of personality type, you can get a practical handle on the abilities and skills needed for emotional intelligence development and identify your strategies for improving them.

Psychological type is a holistic model of human beings – it accounts for the ways we adapt, cope, and develop in life. It assumes the presence of many gifts that can be more consciously accessed and that thereby can improve our interactions.



PROGRAM OUTLINE

- Introduction to Emotional Intelligence (EQ) – What is EQ and Why EQ?
- EQ vs IQ & Impact of EQ at Work
- Key Characteristics of a high EQ person and a low EQ person
- Personality Type and Emotional Intelligence:
 - Social Awareness and Relationships Building
 - EQ & Stress Management: Be aware of your stressors and how can you manage your emotions & stress effectively
 - EQ & Conflict Management: Managing emotions when handling difficult people / conflict
 - EQ & Decision Making: Effective Decision Making by managing emotions

LEARNING OUTCOMES

- Understand the concepts of Emotional Intelligence (EQ)
- Know how feelings and emotions affect performance
- Develop emotional intelligence to enhance communication and interpersonal relationships with others
- Manage emotions to manage conflict and stress effectively



WORKSHOP DETAILS

(Please visit our training page for dates and fees)

Delivery: Virtual

Duration: 1 Day, Session Starts at 9am

Workshop Material Includes:

- MBTI® Step II Interpretive Report

WHO SHOULD ATTEND?

The workshop is suited for all members of organization or group, from personnel to senior management.

This session need not necessarily be aimed at existing teams. It can provide significant opportunity for personal growth and development for a broader selection of participants, by sharing their diverse experiences.

Contact us today to find out more!

Email: enrolment.asia@themyersbriggs.com

Tel: +65 6914 1030