



EQ FUNDAMENTALS ONE DAY WORKSHOP



An engaging workshop where you will discover how to develop your emotional intelligence to increase your personal and interpersonal effectiveness in your personal lives and at work.

Come and explore the myriad of ways to connect with people through essential people skills and realise that intelligence can be built if you develop emotional awareness.

This one day workshop is hands-on and highly interactive through activities, videos and discussions, meant for people who realise that emotions drive our feelings, attitudes, mood and behaviors and ultimately our sense of well-being.



Program Objectives

- Understand why EQ is critical for effectiveness at work and in your personal life
- Determine the very patterns that result in success or repeated difficulties
- Learn practical tips and techniques that would enable one to manage impulses and exercise self-control
- Understand the value of optimism and how to practice it on a daily basis
- Practice empathic listening and communication and how it impacts when dealing with others
- Be aware of one's present values, attitude and behavior and its consequent impact on other people
- Differentiate their present practices with the skills taught and develop plans to start a new life

Program Details

Date: 24th February 2017

Early Bird: SGD 490

Group of 2 or more: SGD 460

Regular Fee: SGD 610

Includes workshop materials, lunch and tea breaks.

Workshop Bonus 1: EQ Competency Profile

Workshop Bonus 2: Book by Ms Marion Nicole Teo titled *Happy Once Again: Beauty from the Inside Out*

For more information please contact:

(+65) 9777 2818 or e-mail marion@eqasia.com

Target Audience

Frontline Staff and Executives





What People are Saying

"The facilitator is very friendly and approachable; I enjoyed the course; a lot of laughter and fun. Marion was able to fully catch my attention; I've learned a lot today! Good job!" *Deleon Madonna Salas, Health Sciences Authority*

"The trainer (Marion) is highly knowledgeable in her profession and her delivery is strong." *Christian Xavier Chong, Health Sciences Authority*

"This course helps me identify my strength and weaknesses." *Yahya Abu Hassan, Supreme Court*

"The trainer makes the session very interesting and enjoyable. Kudos to you, Marion!" *Lena Soh, Supreme Court*

"A lot of us, me included, attended a course on EQ by Marion without knowing what to expect. In fact we all were not sure on the effectiveness of it. In the end I found it very useful and made me more critical of my actions and words when dealing with people. She made the course very lively with lots of engaging exercise and games. Having a seminar in the afternoon after a meal is not easy but she managed to keep everyone interested and awake for the whole duration! Kudos to her. Applying what I learnt now in my everyday affair." *Dr Choo Keang Hai, Co-Managing Director, Lee & Lee Dental Surgeons Pte Ltd*

About The Presenter



Marion Nicole Teo is the Director at Peak Performers Training & Consultancy and the General Manager at EQ Asia. She is a 6 Seconds EQ Certified Practitioner and Six Seconds EI Coach, a Certified Enneagram Spectrum Facilitator and is also trained in the Enneagram Studies in the Narrative Tradition. Marion has attained the full Advanced Certification in Training & Assessment (ACTA) and conducts the Singapore Workforce Skills Qualifications (WSQ) programmes on EQ and Resilience.

She has over 20 years' experience training in diverse industries, including financial institutes, government agencies, universities and retailers, in the areas of etiquette and protocol, professional image, emotional intelligence, service quality, conflict resolution and developing interpersonal relations. Some of her clients include Ministry of Foreign Affairs, Great Eastern Life Assurance Co Ltd, CIMB Bank Berhad, RSM Chio Lim Stone Forest and students from the National University of Singapore and the Singapore Management University.

In 1987, she was crowned Miss Singapore Universe and represented the nation in the Miss Universe pageant where she did Singapore proud as one of the semi-finalists. Marion holds an Honours degree in Biochemistry from the National University of Singapore. She has recently written a book "Happy Once Again", sharing her life struggles and challenges, and how she overcame them.

-----cut along the line-----

Registration Form: EQ Fundamentals

Name _____ Position _____

Name _____ Position _____

Name _____ Position _____

Company _____

Address _____

Phone _____ Fax _____ Email _____

Cheque For (S\$ _____) enclosed. _____ Date _____

Make Cheques Payable To: "CEQ Asia Pte Ltd".
33A West Coast Park, #03-39 Botannia. Singapore 127727.

To Register: Fax this form to (+65) 6474 1647.
Or email: info@eqasia.com