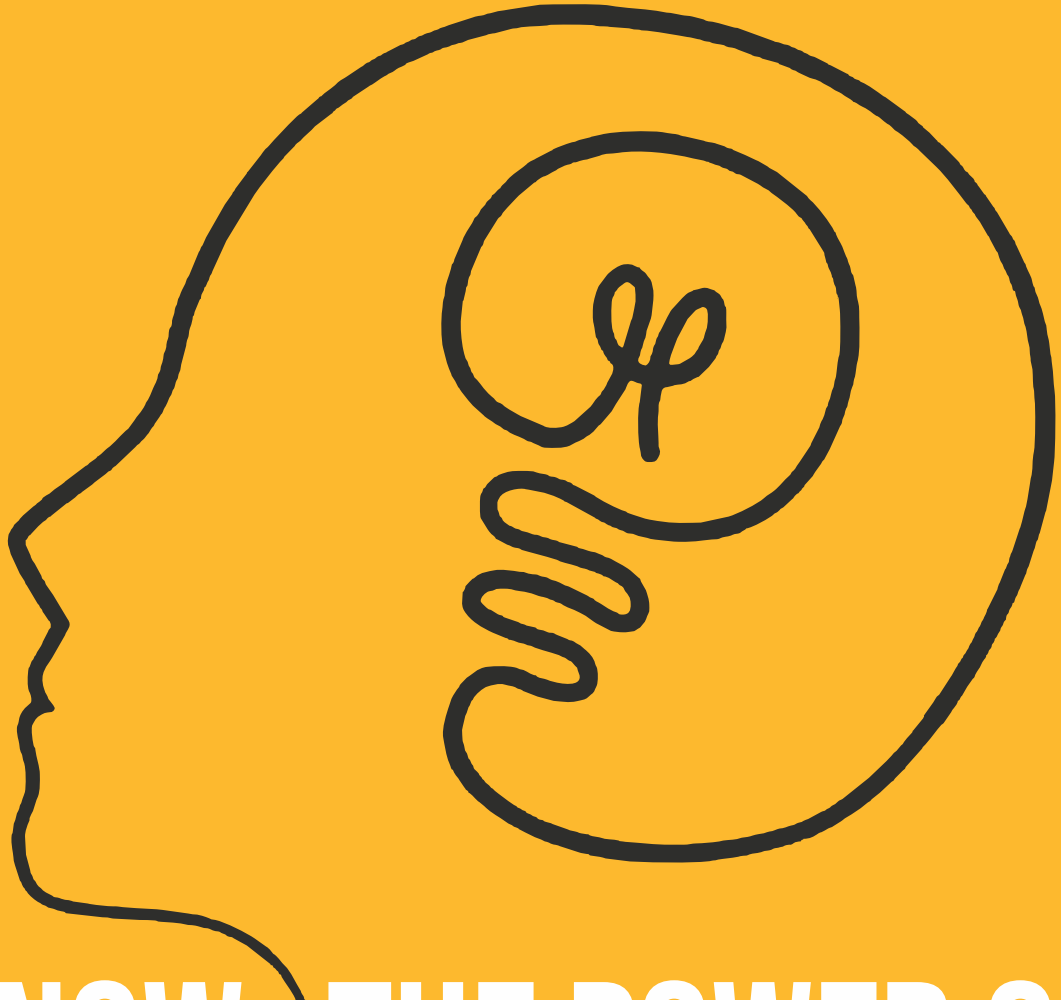




JOURNEY OF EMOTIONS



KNOW THE POWER OF YOUR EMOTIONS

EMOTIONS CAN GET IN THE WAY OR GET YOU ON THE WAY

Two-days Adaptive Experiential Workshop
on Emotional Intelligence

Emotional Toolkit Blueprint

Unlock 25 Competencies. Achieve Lasting Growth

INTRA-PERSONAL

Self-Awareness & Self-Management
Know yourself, manage your emotions, and stay in control.

CATALYST – ENERGISERS

Inspire action, spark motivation, and drive positive momentum.

INTER-PERSONAL

Social Awareness & Relationship Management
Read emotions in others, build trust, and nurture meaningful connections.

SELF-AWARENESS

- Emotional Connection
- Self-Acceptance
- Self-Esteem
- Confidence
- Self-Assessment

SELF-MANAGEMENT

- Assertiveness
- Discipline
- Self-Control
- Trustworthiness
- Adaptability
- Positive Thinking
- Planning
- Problem-Solving

ENERGIZERS

- Motivation
- Initiative
- Drive
- Resilience
- Attitude
- Passion
- Engagement

SOCIAL AWARENESS

- Empathy
- Social Responsibility
- Communication
- Rapport
- Tolerance

RELATIONSHIP MANAGEMENT

- Relationship Management
- Teamwork
- Collaboration
- Conflict Management
- Leadership
- Influence
- Service

Why Emotional Intelligence?

Emotional Intelligence (EI) is the game-changer that helps you:



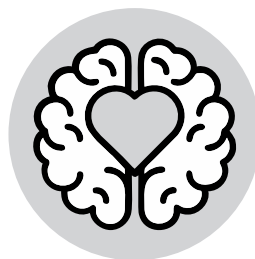
Build stronger relationships



Enhance leadership



Improve teamwork



Create lasting positive results

What You Will Gain?

By the end of this program, participants will be able to:



Course Highlights

Core Modules



Understanding Emotional Intelligence

- Why EI matters & how to assess your own
- Scientific EI Assessment



Self-Awareness

- Recognize moods, motivations & triggers
- Build emotional awareness, self-assessment & confidence



Self-Regulation

- Respond thoughtfully, not impulsively
- Develop self-control, adaptability & innovation



Motivation

- Achievement drive & resilience
- Stay optimistic & committed in challenges



Empathy

- Understand others' emotions
- Build service orientation & leverage diversity



Social Skills

- Communicate with impact
- Lead, manage conflict & inspire collaboration
- Choice between Reaction and Response

Training Methodology

This program is designed as an **experiential learning journey**—not a classroom lecture. Participants learn by doing, reflecting, and applying.

Highly adaptive to every individual's unique needs, with small batches of 15 for focused attention.

We combine:

- 1 Experiential learning activities that bring concepts to life
- 2 Scientific assessments to uncover emotional intelligence strengths and gaps
- 3 Real-life experiences and case examples relevant to today's workplace challenges

Program Snapshot

Duration: 2 Days **Format:** Interactive & experiential

Ideal For: Leaders, managers, professionals & teams who want to unlock their emotional advantage

Meet Your Facilitator



Nadeem Ahmed

- Alumnus of IIM Ahmedabad (Senior Management, Managing Talent & Leadership Programs)
- MBA with 31+ years of cross-functional experience across GCC & Asia
- Expertise in General Management, Organizational Behavior, Leadership & Strategy
- Delivered 500+ leadership workshops across the GCC
- Renowned for his ability to connect deeply with participants and inspire real transformation



Emotional Intelligence isn't optional — it's essential.

Those who master it don't just work better — they live better.

Are you ready to lead with confidence, connect with empathy & create lasting impact?



Scan the QR Code to Contact Evolve

Contact us today to bring this program to your organization.

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✉️ sales@evolve.firm.in

Take the First Step.

Strengthen your ability to connect, inspire, and succeed.

Develop Emotional Intelligence. Transform Your Future.