



## 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.

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

### SELF-MANAGEMENT

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

## CATALYST – ENERGISERS

Inspire action, spark motivation, and drive positive momentum.

### ENERGIZERS

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

## INTER-PERSONAL

### Social Awareness & Relationship Management

Read emotions in others, build trust, and nurture meaningful connections.

### 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:



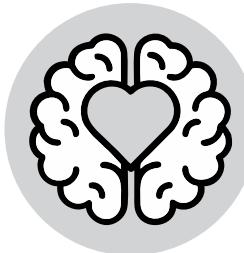
Build stronger relationships



Enhance leadership



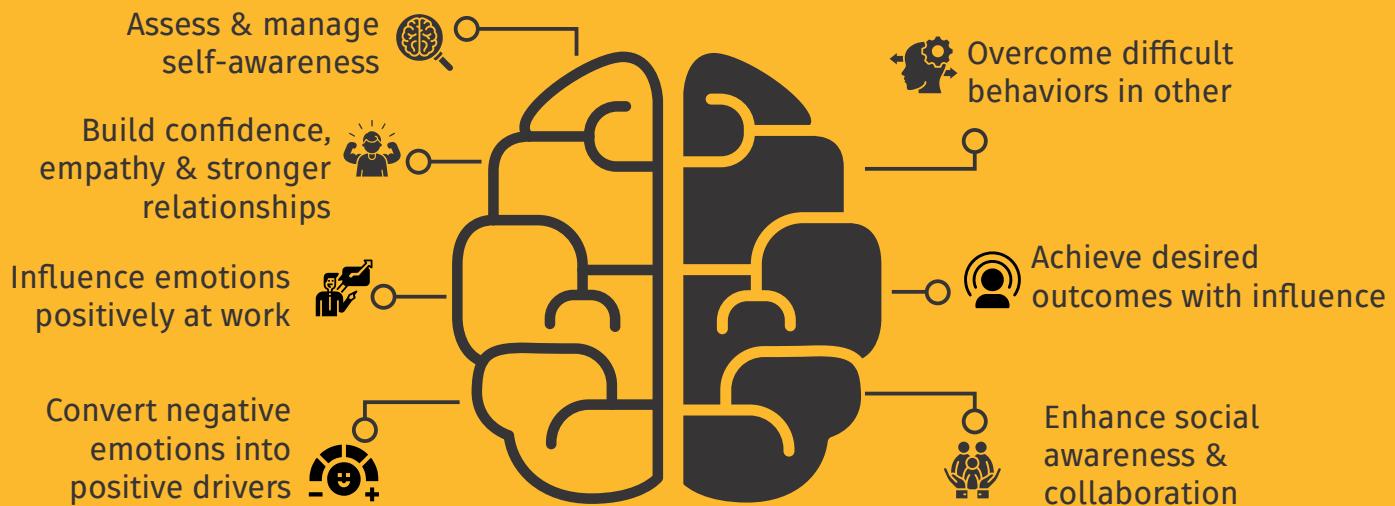
Improve teamwork



Create lasting positive results

# What You Will Gain?

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



## Course Highlights

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### 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

## 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

## Program Snapshot

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

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



## 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?



**Contact us today to bring this program to your organization.**

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**Take the First Step.**

Strengthen your ability to connect, inspire, and succeed.

**Develop Emotional Intelligence. Transform Your Future.**

Scan the QR Code to Contact Evolve