

EMOTIONAL INTELLIGENCE FOR DEVELOPING GROWTH MINDSET

(HRD CORP CLAIMABLE COURSE 10001183587)



Navigating Personalities and Enhancing Collaboration

Explore the Human
Element of Success
Through Emotional
Intelligence

In today's fast-paced and diverse workplace, the ability to manage personal emotions and understand those of others can significantly impact your professional life. From a Director of Marketing struggling to adapt to a new corporate culture, to a Human Resource Manager juggling work-life balance issues, the challenges are real and varied. Add to these a young executive grappling with a micromanaging boss, and senior managers in conflict over departmental priorities, and you have a scenario that might feel strikingly familiar.

These common workplace situations often lead to decreased productivity and morale due to mismanaged emotions and poor interpersonal relations. Our **"Emotional Intelligence for Developing a Growth Mindset"** program addresses these issues head-on. This one – day intensive workshop is designed to empower you with crucial insights and practical tools to transform workplace challenges into opportunities for personal and professional growth.

What Will You Gain?

| Self – Coaching Mastery | Conflict Resolution Skills | Boosted Social Relations |
|--|---|---|
| Learn a powerful self-coaching model that promotes self-awareness and facilitates positive behavioral change, effectively enhancing your interaction within diverse teams. | Develop strategies to manage and resolve conflicts constructively, thus preventing them from undermining team productivity. | Master the art of empathy and active listening, crucial skills for fostering strong workplace relationships and a collaborative team environment. |

Whether you are adjusting to a new role, navigating through personal challenges while remaining professional, or striving to enhance team cohesion, this program will equip you with the emotional intelligence skills needed to succeed. Join us and turn familiar struggles into steppingstones for success.

SELF – TALK; PERCEPTION

•
BEHAVIORS; PERSONALITY

•
COACHING FOR MINDSET &
BEHAVIOR CHANGE



Course Objectives

After this program, learners can:

- Explain how individual characteristics impacts work performance.
- Explain how thoughts influence emotions and behaviors.
- Apply the self – coaching model when coaching for mindset & behavior change.
- Identify the best personal development plan for each behavioral type.
- Empathize and Build relationship with each behavioral type.

Course Details

| | | |
|--------------------------------|---|--|
| Type of Training | : | Non – eLearning/ Non – Technical |
| Training Mode | : | Full Time |
| Methodology | : | Face to Face |
| Medium | : | English |
| Duration | : | 1 Days (7 hours) |
| Target Industry | : | All Industries |
| Target Group | : | Managers; Executives Supervisors & Employees in same team |
| Specific Instructional Methods | : | Facilitated discussion. Didactic questioning Assessments Case studies Videos & Role – plays Games |

| Time | Content | Course Content |
|-------------|--|--|
| 0900 – 0915 | Overview & Purpose of the program | High Performance at Work In this topic, learners are introduced to the concept of influencing agents in the environment and the impact on thoughts, emotions, and behavior. |
| 0920 – 1030 | The impact of Positive Characteristics on Performance at Work Desired Results & Challenges Perception: Concept and application | |
| Break | | |
| 1050 – 1250 | The ABC Principle & Growth Mindset Applying ABC Principle for mindset change Personality | Perception & Emotions In this topic, learners are taught about perception and how to verify the validity perception and the role of emotions as an influencing agent. |
| | Understanding Self & Others – 5 People You Meet in Life (Case Study) Getting to know the Openness, Neutral, Analytical, Relational & Decisive | |
| | 1250 – 1300 | |
| Lunch | | Personality In this topic, learners will assess their personality styles with the LEONARD Personality Inventory and receive a personality report. In the program, learners will learn about the LEONARD personality type model and characteristics of each behavioral orientation. |
| 1400 – 1530 | The ABC Principle for Growth Mindset Applying ABC Principle for mindset change | |
| Break | | |
| 1550 – 1645 | Group Presentations Closing | Managing Distress and the ABC Principle In this topic, learners are taught the concept of the ABC principle and how to apply it for mindset change. |



Christopher Raj holds a Masters in Counselling (Distinction) and Honours Degree in Biochemistry from University of Malaya, Malaysia and Post – Graduate Certification in Distance Education & Technology from Indiana University, USA. Christopher's work experience includes:

- Business Development and Operations Manager at the Centre for Continuing Education, University of Malaya (UMCCed), where he pioneered the set – up of the centre's operations as well as spearheaded the implementation of technical assistance and training programmes sponsored by International funding agencies.
- Programme Management & Operations Manager at the Institute of Professional Development, Open University Malaysia, where he was involved in the planning and implementation of programs in education and training for both local and international clients. He spearheaded the implementation of Learning Management system.
- Business Development, Trainer & Counsellor at Leonard Personality Inc., where he commenced his foray in training & development and practice in counselling and education technology.

Currently, Christopher work focus is in three areas:

Counselling (Counselling at Workplace; Career Counselling; Training in Counselling Skills)

As a psychological counsellor, Christopher maintains an active counselling practice and is a registered Counsellor with the Malaysian Board of Counsellors. He advocates Cognitive Behavior therapy in his practice focuses on counselling at the workplace, career counselling and training in counselling skills. Christopher is also a licensed facilitator of the Leonard Personality Inventory (LPI).

Learning & Development in Organizations (Training & Evaluation of Effectiveness of Training)

Christopher is a certified trainer and facilitator with the Human Resource Development Corporation (Malaysia) and has attained his Advanced Certificate in Training and Assessment (ACTA) in Singapore. Christopher is also a Certified Lego® Serious Play™ facilitator and a Bronze Level Kirkpatrick Training Evaluation Certified Professional. He was trained and certified by Robert Rasmussen (founding pioneer of the Lego® Serious Play™ methodology) in Copenhagen, Denmark and Dr. James Kirkpatrick in Washington, USA.

Applying IR 4.0 Technology in Learning & Organizational functions (Smart Technology in Classrooms and Mobile Learning). Christopher is a keen advocate of applying technology in learning and industrial process that relates to customer centric businesses. He consults organizations and educational institutes on using interactive teaching systems, smart technology, and AI in customer centric organizational functions.

At present, he manages his own company, which oversees two areas of business: Training & Interactive Teaching Solutions. Christopher has facilitated programs for over 20 years in various organizations across the Southeast Asia and South Asia region.



Colus Sdn. Bhd. (773032A) is a HRDCorp registered training provider.



EMOTIONAL INTELLIGENCE FOR DEVELOPING A GROWTH MINDSET
HRD CORP CLAIMABLE COURSE (10001183587)



Contact:
chrisraj@colus.com.my
 +60122067867