

INCREASE EMOTIONAL INTELLIGENCE THROUGH MINDFULNES

EMOTIONS DRIVE BEHAVIOUR



Our ability to succeed in life goes beyond measures of our IQ.

The ability to recognise our emotional strengths and weaknesses and then learn how we can apply or mitigate them, provides us with a better quality of life, an enriched sense of wellbeing and an increased capability to thrive, contribute and perform at our best in all areas of our life.

We are able and more readily able to use our emotions enabling them to work for us and not against us. Failing to manage our emotions can make us sick and unwell.

By harnessing Mindful practice and techniques we increase our ability to connect positively with those we live or work with. This means we fulfil our potential, gaining an increased sense of satisfaction as we creatively apply ourselves to projects and tasks that challenge our everyday lives.



2 day duration

Increasing Emotional Intelligence through Mindfulness is a practice and skill that everyone in the organisation would benefit from

For more information, visit www.tacktmimalaysia.com or call us at +603 – 6203 4410

LEARNING OUTCOMES:

- Determine how to deliver 'Moments of Magic' for Customers through 10 simple, effective strategies
- Learn from outputs of the two management games that can be immediately applied to the workplace
- Adapt your behaviours based on new thinking and perspectives.
- Set a framework for defining service standards that everyone works towards
- Take responsibility and ownership for solving problems and making a positive contribution
- Identify the levels and drivers for delivering a compelling customer experience
- ...and many more



WE BELIEVE IN THE INDIVIDUAL

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