



Mann
The Mind

TM

Expert in Expanding
Emotional Intelligence

feeling good!

Presents

Emotional Intelligence For Teachers

Through Self Improvement Plan



Experiential Learning Two Days Course Designed and Developed By

Dr. Vipul Vyas

Ph.D.(Emotional Intelligence) , MBA

HR Facilitator and Life Coach,
Family | Corporate | Academic

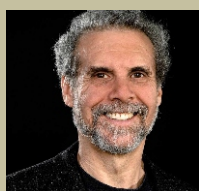
Mumbai.



Atmiya Group of Institutes, Rajkot



Adani Foundation, Ahmedabad



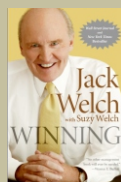
Emotional Intelligence begins to develop in the earliest years. All the small exchanges children have with their parents, teachers and with each other carry emotional messages. - Prof. Daniel Goleman

Who Should Attend ?

- Teachers / Principal of the school
- Director of the educational bodies
- Trustees of the educational trust
- Government Authority of the educational Dept. / Ministry
- Head, CSR of the Corporate

Learning Objective

- ▶ Value of life as an opportunity
- ▶ Practical training to develop Self Awareness
- ▶ Tips for building Self Management, Social Awareness, Relationship Management, Self Confidence, Self Motivation and Empathy
- ▶ Choosing and Applying emotions at work
- ▶ How to reduce negative emotions and convert them to positive
- ▶ How to experience worry-free life and uninterrupted joy
- ▶ How to handle Ego



“No doubt emotional intelligence is rarer than book smarts, but my experience says it is actually more important in the making of a leader.

You just can't ignore it.”
- Jack Welch

Benefits of attending workshop

- ▶ **Empathy** - Correctly perceiving others and dealing with better ways
- ▶ **Self Awareness and Self Regulation** - leads to handling of stressful situations on the professional and personal front
- ▶ **Self Motivation and Self Confidence** – to have more efficiency in work and in life.
- ▶ **Inter-personal Relationship** - Harmony and cooperation for better productivity and joy at workplace and at home
- ▶ **Spiritual Awareness** – Experiencing intense self inquiry and sensitization towards higher purpose of life
- ▶ **EQ Score** – Participants will get to know where they stand with respect to their EQ score

List of Selected Clients



“Excellent content with exemplary demonstration of EI competencies while performing 'live' discussions makes this workshop a unique experience.”

Day One

Module 1: IQ Vs. EQ

- Research Findings and Physiology of Emotional Intelligence
- Understanding basics of how emotions impact our behaviour
- Emotions' triggers
- Good EI Vs. Weak EI based behaviour
- Enter Self Improvement Agreement

Module 2: Be Introvert: Functioning and mal-functioning of mind

- Measuring EQ Score
- Finding default mode of thinking and acting
- Discovering new capacity to think and act
- "Self" hijacked by Mind
- How to get liberated from Mind
- Types of Emotions and their combination effect
- Introduction to EI model
- Impact of EI Competencies on workplace behaviour

Module 3: Foundation Competence of EI: Self Awareness

- Meaning and Importance: Self Awareness
- Identify and Analyse Self Awareness
- Understand Key Skills of Self Awareness
- Discussing characteristics of High and Low Self Awareness
- Self Awareness leading to Self Confidence
- Self Improvement Plan for Self Awareness

Module 4: Self Management: Re-setting Perspective towards life and job

- Meaning and Importance: Self Management
- Identify and Analyse Self Management
- Understand Key Skills of Self Management
- Discussing characteristics of High and Low Self Management
- Power to choose emotions and behaviour
- What, Why and How of Self Management
- Self Improvement Plan for Emotions Regulation

Day Two

Module 5: Social Awareness: Key is Empathy

- Meaning and Importance: Social Awareness
- Identify and Analyse Social Awareness
- Understand Key Skills of Social Awareness
- Discussing characteristics of High and Low Social Awareness
- Mastering empathy for better understanding of other's point of view
- Self Improvement Plan for Empathy

Module 6: Relationship Management: Key to Efficiency, Profit and Joy

- Meaning and Importance: Relationship Management
- Identify and Analyse Relationship Management
- Understand Key Skills of Relationship Management
- Discussing characteristics of High and Low Relationship Management
- Self Improvement Plan for Relationship Management

Module 7: Self Motivation: Live life king size

- Meaning and Importance: Self Motivation
- Identify and Analyse Self Motivation
- Understand Key Skills of Self Motivation
- Discussing characteristics of High and Low Self Motivation
- Importance of focus and reference

Module 8: Spiritual Intelligence and Action Plan

- What is Spirituality?
- How can we combine our Professional Career and Purpose of life?
- Existence has 'purpose'
- Task Oriented + Society Oriented = Karma Yogi
- Life = sum total of ____? ____
- How to fight evils of internal and external world?
- Action Plan for transfer of learning at workplace



Karnatak University, Karnatak



Devi Ahilya University, M.P.

More than 2000 Participants of “Emotional Intelligence for Teachers” course, experienced paradigm shift in their perspective towards life and job.

The written feedbacks from all the participants have two comments in common:

- 1) Strong recommendation for this training
- 2) Wanted to join more training of Dr. Vyas

Know your facilitator

Dr. Vipul Vyas, Ph.D.(EQ), MBA; a Corporate HR Facilitator, operates Mann – The Mind, HR Facilitation firm. He has more than 15 years of professional experience as a professor of management and HR facilitator. Dr. Vyas has trained more than 2000 senior and junior professors at 8 Universities from 5 states. This highly successful and truly inspiring workshop cum course is a product of much training he has facilitated and his own doctorate study. Excellent content with exemplary demonstration of EI competencies while conducting ‘live’ discussions makes his workshops a unique experience.

Feedbacks of previous participants at all the Universities and institutions of national repute are either “very good” or “excellent”. He is awarded with “Certificate of Merit” by Adani Foundation for teachers’ training, for achieving average 4.8 stars rating out of 5. Dr. Vyas has his credit, “Certificate of Excellence” for training by Bombay Management Association and Appreciation Certificate by Kerala Management Association and Trivendrum Management Association.



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For More Information Please Visit : <http://www.slideshare.net/vyasvipul29/corporate-brochure-2014>