



Section 1 | Programme Intro

PROGRAMME NAME	EQ for Leaders
LENGTH	6 hrs. Web Café or 1 Day Classroom Session
TARGET AUDIENCE	Teachers, Leaders
ATTENDANCE	Min 6 & Max 12 Attendees per Web Café or Min 6 to 20 per Classroom Session
MODE	Classroom or Web Café based sessions
LEARNING METHOD	Q&A, pairs and buzz group activities, and written exercises. Videos, anecdote (experience based), classroom games, online games, and quizzes PPT deck, workbook, EQ Brain Discovery Profiler (BDP), SEI EQ leadership Report and offer to join executive coaching camps
CERTIFICATION	Certificate of Attendance, signed by the trainer - Tripat Mehrotra (EQ Fellow)

PROGRAMME OBJECTIVES

OBJECTIVE 1	Acquire knowledge on the VUCA world and state the importance of EQ in a post COVID era
OBJECTIVE 2	Explain Six Seconds EQ framework of Know yourself, Choose yourself and Give yourself (KCG)
OBJECTIVE 3	Interpret and manage your emotions, and recognize your behavior patterns
OBJECTIVE 4	Interpret your own SEI talents on KCG Model
OBJECTIVE 5	Apply consequential thinking, learn how to navigate emotions, and balance optimism and pessimism
OBJECTIVE 6	Develop the power of empathy and learn seven stages of listening with empathy
OBJECTIVE 7	Pursue noble goal and recognize your sense of purpose
OBJECTIVE 8	Get your EQ Brain Discovery Profile (BDP), and state how does your brain - focus, decide and drive
OBJECTIVE 9	Identify and utilise your brain's key strengths for creating the future

PROGRAMME OUTCOME

OUTCOME 1	Learn the concept of EQ in a simple and clear framework of Six Seconds
OUTCOME 2	Interpret and manage your emotions
OUTCOME 3	Know your highest and lowest EQ talents
OUTCOME 4	Learn how to put EQ in action and effectively impact others
OUTCOME 5	Know how you integrate thinking + feeling to make good decisions, and drive positive results
OUTCOME 6	Get insights for your executive coaching camps

#	Content	Length	Time
MODULE 1 LEADER OF THE MODERN WORLD			
	VUCA world Definition of EQ and importance of EQ in a post COVID era	75 Mins	09.00 am 10.15 am
	Kubler -Ross Change Curve managing change The Power of Emotions		
	Six Seconds EQ model of Know yourself, Choose Yourself & Give Yourself (KCG – Model)		
Coffee Break (15 Minutes)			
MODULE 2 KNOW YOURSELF			
	Emotional literacy Feeling log & Plutchik model emotion & feeling wheel	60 Mins	10.30 am 11.30 am
	Recognize your behavior pattern Video camera activity		
	Emotional bank account, Emotional payoff & Johari window EQ SEI Leadership Report Insight on SEI Leadership Report on “Know Yourself” on your profile		
MODULE 3 CHOOSE YOURSELF			
	Apply consequential thinking Navigate your emotions	60 Mins	11.30 am 12.30 pm
	Amygdala hijack moments Engaging intrinsic motivation		
	Exercising optimism Dealing with change Insight on SEI Leadership Report on “Choose Yourself” on your profile		
Lunch Break (1 hrs.)			
MODULE 4 GIVE YOURSELF			
	Developing empathy Emotional honesty (Career, Jobs, Your Profession)	45 Mins	13.30 – 14.30
	Pursue Noble Goal Listening with empathy Authentic recognition Sense of purpose Insight on SEI Leadership Report on “Give Yourself” on your profile		

#	Content	Length	Time
MODULE 5 EMOTIONS @ WORK			
	Role of a Leadership by John Maxwell Brain Discovery Profile (BDP) Brain discovery profile usage Interpreting 8 brain style profiles	120 Mins	14.30 – 15.30
	Brain talent profile 18 Apps Skills of working with others		
	Having difficult conversations Influencing others		
SEI & BDP PROFILE DEBRIEF <i>(Within 1 week of attending the programme)</i>			
	Individual SEI Report and BDP report debrief Action plan on areas to	45 Minutes per attendee	