

Section 1 | Programme Intro

PROGRAMME NAME	EQ for Young Adults
LENGTH	6 hrs. Web Café or 1 Day Classroom Session
TARGET AUDIENCE	Fresh Graduates and Line Managers
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) and offer to join executive coaching camps
CERTIFICATION	Certificate of Attendance, signed by the trainer - Tripat Mehrotra (EQ Fellow)

PROGRAMME OBJECTIVES

OBJECTIVE 1	Explain what is VUCA world and explain how changes are affecting us
OBJECTIVE 2	Describe Emotional Intelligence (EQ) and explain why EQ is a core skill in a post COVID era
OBJECTIVE 3	Describe Six Seconds KCG model and practice EQ in your professional or personal world
OBJECTIVE 4	Define and practice “Know Yourself” and state the importance of recognizing your behavior patterns
OBJECTIVE 5	List the secrets of “Choosing Yourself” by interpreting and managing your emotions
OBJECTIVE 6	Develop the power of “Give Yourself” by fostering your empathy and pursuing noble goals
OBJECTIVE 7	Interpret 8 brain style profiles (BDP) and recognize your own current style of processing emotional + cognitive data

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 EQ – A PASSING FAD			
	VUCA world Definition of EQ and importance of EQ in a post COVID era	75 Mins	09.00 am 10.15 am
	Master your mind and master your world (emotions) The limbic system		
	Six Seconds EQ model Know yourself, Choose yourself & Give yourself (KCG – Model)		
Coffee Break (15 Minutes)			
MODULE 2 KNOW YOURSELF			
	Emotional literacy Feeling log & Junto 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		
MODULE 3 CHOOSE YOURSELF			
	Apply consequential thinking Navigate your emotions	60 Mins	11.30 am 12.30 pm
	Amygdala hijack moments Engaging intrinsic motivation Resilience		
	Exercising optimism Dealing with change		
Lunch Break (1 hrs.)			
MODULE 4 GIVE YOURSELF			
	Developing empathy Emotional honesty (Career, Jobs, Your Profession)	45 Mins	13.30 14.15
	Pursue Noble Goal Sense of Purpose		

#	Content	Length	Time
MODULE 5 BRAIN DISCOVERY PROFILE (BDP)			
	BDP benefits Interpreting brain styles	60 Mins	14.30 – 15.30
	Brain discovery profile usage 8 brain style profiles		
	Brain talent profile 18 Apps Skills of working with		
BDP PROFILE DEBRIEF <i>(Within 1 week of attending the programme)</i>			
	Individual BDP report debrief (45 minutes) with areas of EQ strengths and development	45 Minutes per attendee	