



# Building Emotional Intelligence for Personal Resilience PROGRAM

**SIGN UP NOW!**

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## Objectives

**This program will empower participants to:**

- Develop an understanding of personal resilience, its importance, key components, and benefits.
- Enhance emotional intelligence by exploring its concept, identifying stressors, and learning adaptive coping strategies.
- Foster self-awareness through introspection, recognizing strengths and limitations, and continuous self-improvement.

## Who Should Attend?

- Employees at all levels
- Supervisors, managers, and leaders aiming to cultivate a resilient workforce
- Anyone who are looking to enhance self-awareness, empathy, and social support within their work environments

Employees encounter hurdles in developing emotional intelligence for resilience, affecting their work. These challenges, like stress and managing setbacks, can lower productivity, escalate conflicts, and lead to burnout. Lacking support for resilience, employees may struggle, impacting job satisfaction. Training, nurturing a supportive culture, and prioritizing well-being are essential to address this.

In this training, **Building Emotional Intelligence for Personal Resilience**, participants will learn practical strategies and skills to enhance their emotional intelligence, develop resilience, and effectively navigate challenges in their personal and professional lives.

## Learning Outcomes

- Gain deeper self-awareness to understand emotions, stressors, and coping mechanisms.
- Acquire practical skills to manage emotions effectively, fostering resilience.
- Cultivate empathy and social support for stronger workplace relationships.
- Develop adaptive problem-solving skills to navigate challenges confidently.
- Engage in action planning for continuous growth and resilience.





# Program Outlines (2 Days)

## MODULES (Day 1)

- 1 Introduction to Personal Resilience**
- 2 Understanding Emotional Intelligence and Coping Strategies**
- 3 Exploring Self-Awareness for Reflection and Discovery**
- 4 Building Emotional Regulation Skills**

Understand the definition and importance of personal resilience, grasp how emotional intelligence and coaching enhance it, and recognize their interconnection.

Recognize the four emotional intelligence components and their role in resilience, understanding their impact on coping and stress management, and acquire strategies to build emotional intelligence for resilience..

Learn self-awareness components, apply five enhancement methods, understand benefits, engage in reflection and discovery, and utilize SHINE coaching tools for self-reflection.

Explore the definition and importance of emotional regulation, identify its three main components, acquire strategies for effective management, and develop coping mechanisms for stressful situations.

Explore empathy's definition and types, understand social support's importance and types, discover empathy's application, and overcome barriers.

Participants will learn the definition and importance of mindfulness, its components, benefits for mental and physical health, and techniques for cultivating self-compassion, including overcoming barriers.

Learn to manage stress triggers, employ relaxation techniques, master time management, and prioritize tasks. Practice gratitude, utilize positive affirmations, and cultivate resilience through problem-solving and seeking social support.

Develop personalized action plans for building resilience, set specific goals for growth, apply emotional intelligence skills in real-life situations, and track progress towards their goals.

## Cultivating Empathy and Social Support



## Practicing Mindfulness and Self-Care to Maintain Well-Being



## Overcoming Obstacles and Building Resilience to Reframe Challenges



## Action Planning and Integration for Continuous Growth



## MODULES (Day 2)

## Methodology



Interactive lecture



Role Play Exercise



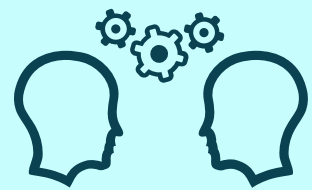
Group Activities



Self-reflection Exercises



Workbook



Coaching

