

STRESS MANAGEMENT

in times of crisis



FACILITATOR
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INTRODUCTION

The new benchmark that measures a person's success is the ability to manage one's emotions. Emotional stability or emotional intelligence is crucial in equipping the individual to cope with tension and setbacks in an effective and productive manner.

The emotional stability of individuals within an organization is of vital importance to the success of the organization. Building and maintaining relationships or networks of contacts at the workplace is essential to an individual's success. It is also the hallmark of good leadership practice.

Developing good and productive relationships with colleagues, associates or customers, external clients and counterparts outside the organization is important for the attainment of work-related goals.

This program has been specially designed to equip participants with the necessary knowledge and skills on developing emotional intelligence, enhancing communication and relationship building and leadership. The structure of the program is amalgamated with developing the creative potential to ensure that there is a dynamic follow through after the program.

LEARNING OBJECTIVES



At the end of this online session, participants will be able to:

- IQ & EQ defined
- Understand perception and its relation to emotions
- Developing Emotional Excellence
- Gaining insights into our personality strengths & weaknesses
- Using the LPI to develop self awareness
- Understand and use the LEONARD model
- Understand emotional needs that determine behaviors
- Understand Leadership styles
- Adapt and use different leadership styles

PROGRAM CONTENT

- IQ & EQ
- Perception & Emotions
- Importance of managing our emotions
- Developing self-awareness to understand our personality
- Knowing our personality strengths & weaknesses
- Gaining insights into our emotional needs
- Managing conflicts in teams
- Understanding our body, mind & heart
- Dealing with stress
- Managing body to develop wellness
- Managing ourselves effectively as Innovative Leaders
- Leadership wellness by using TENT technique
- Action plan



TIME	SCHEDULE OUTLINE
0900-1030	<ul style="list-style-type: none"> • Understanding emotional intelligence & its components • Importance of perception • Gaining self-awareness through evidence based assessment
1030-1050	Break
1050-1230	<ul style="list-style-type: none"> • Developing social awareness and what motivates others • Applying EQ for Leadership
1230 - 0130	Lunch Break
0130-0330	<ul style="list-style-type: none"> • The Emotionally Intelligent brain • Applying Emotional Intelligence to build a cohesive team • Perception, pressure and stress
0330-0350	Break
0350-0500	<ul style="list-style-type: none"> • Emotional Intelligence mindfulness in handling stress • Deal with crisis with confidence • Action steps to develop emotional intelligence

WORKSHOP FEATURES & METHODOLOGY

- The online webinar training will be conducted based on the latest state of the art interactive online training methodologies. Delegates will be exposed to a variety of case studies examples to enhance their learning.
- Self-Assessment Toolkit - Participants of this workshop will receive LPI personality profiling on mobile platform.

DURATION

1 -day (7 hours)

COURSE LEADER

PROFESSOR DR. LEONARD M S YONG (Ph.D; M.ED; B.Sc)

- Emotional Excellence Consultant and Expert
- Inventor of LEONARD Personality Inventory (LPI) and the LPI Software, a psychometric assessment
- Internationally renowned consultant, trainer, author and an Educational Psychologist
- Pioneering Director of University Malaya Centre for Continuing Education
- Professor Yong has addressed groups in many countries including the United Arab Emirates (UAE), Kuwait, Oman, Saudi Arabia, Malaysia, United States of America (USA), Austria, Britain, Australia, France, New Zealand, Germany, Italy, Russia, Japan, China, India, Korea, Indonesia, Myanmar, Hong Kong, Singapore, Thailand and Papua New Guinea.
- He has undertaken creativity and EQ research in the USA, Australia, Austria, Germany, Italy, Japan and the United Kingdom. He is a member of the American Psychological Association and the Malaysian Psychological Association.





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