



EMOTIONAL INTELLIGENCE STRATEGIES: MANAGING WORK AND LIFE EMOTIONS

- Dates:** January 14, 16, 21 and 23, 2025
- Time:** 5h30 - 8h30 (Lebanon Time)
- Number of hours:** 12 hours
- Location:** Campus of Innovation and Sports, (CIS-USJ), Beirut
- Modality:** In person
- Language:** English
- Training fees:** 260\$

The **EQ Strategies Workshop** is designed to help you unlock the power of emotional intelligence in both your professional and personal life. In this workshop, you will:

- Identify emotional triggers and practice effective self-regulation techniques.
- Enhance empathy and active listening skills to build deeper, more meaningful connections.
- Improve decision-making while fostering positive and collaborative relationships.

By mastering these strategies, you will cultivate greater life satisfaction, build stronger personal and professional relationships, and enhance your resilience in the face of challenges. These essential skills lay the foundation for long-term success and well-being.



Giorgio Chemaly

Since 2012, Giorgio has been passionate about fostering transformation and growth in individuals and teams. He holds a Master's degree in Leadership and Human Resources Management from USJ. As a certified Executive and Leadership Coach & Facilitator, Giorgio has diversified experience with individuals and teams from national and multinational organizations, as well as the private and public sectors. He equips them with simple, practical tools to boost productivity, manage emotions and focus, communicate effectively, and lead with confidence. His training philosophy is straightforward: simplicity and pure practicality for real change. Giorgio is an expert trainer at the Professional Training Center of USJ.



220\$ before December 31, 2024



For Registration: Click here

Learning Objectives:

- Identify the components of emotional intelligence (EI)
- Learn EI techniques that improve resilience and stress management
- Apply EI strategies in personal and professional contexts

Learning Outcomes:

- Identify emotional triggers and apply self-regulation techniques
- Enhance empathy and active listening skills for deeper understanding
- Improve decision making and foster positive relationships in work and life

Session Planning:

Session	Date	Time	Topic Covered
Session 1	14/1/25	5h30-8h30	Present EI Components Self-assessment exercise
Session 2	16/1/25		Self-awareness & self-regulation activities
Session 3	21/1/25		Motivation & empathy activities
Session 4	23/1/25		Case study and social skills exercise



EARLY BIRD DISCOUNT

220\$ before December 31, 2024



For Registration: [Click here](#)