

EQ for Stress Management & Adapting during COVID Times

Overview

This webinar is an introduction to Emotional Intelligence as a powerful force to consciously opt to respond with clarity rather than react in situations of perceived stress. The webinar will demonstrate how using simple, practical and low-cost emotional intelligence tools and models can tap into emotional resources to reframe perceptions, expectations and adapt to the "new normal" of the COVID era.

Key Takeaways

Through a blend of discussions and activities, webinar participants will:

Understand the Stress Effect

- For organisational performance
- For individual success and personal wellbeing
- Identify their own Stress Position
- Levels of Stress
- Stress factors & influencers

Appreciate the Emotional Intelligence Framework for Stress Management & Adapting

- Understanding emotions and stress triggers
- Identifying patterns /cycles
- Evaluating Options
- Applying the Optimism Model in challenging and uncertain situations
- Reframing and adapting to changing circumstances and requirements

Develop Personal Emotional Intelligence Stress Management Plan

- The next steps in developing and applying EQ to tackle challenges during COVID and beyond

Who should attend

Anyone wishing to improve their coping mechanism to deal with the uncertainties in professional and personal lives



Speaker:

JOHN BENTLEY




- Founder and Managing Director of Boutique Consultancy PowerBase Consulting, UAE
- 30 years of Sales and General Management experience for leading teams in Europe, Middle East and Africa
- Certified EQ practitioner, EQ Assessor and Vital Signs Consultant from six seconds EQ Network
- Conducted successful training with organizations like HP, EMAAR, Cartier & Swarovski etc.

To register, please click here:

<https://bit.ly/3du7EfR>

For Details & Registration contact

Sarim Atique at: sarim.atique@octara.com, Mobile 0345-8949470

✉ info@octara.com  [teamoctara](https://www.facebook.com/teamoctara)  [octara.com](https://twitter.com/octara.com)  Octara - A TCS Company

...only from Octara!!!

Helping You Succeed!