



WSH Professional's Toolkit on Applying Emotional Intelligence in the Workplace

Synopsis

"Emotional intelligence is the largest single predictor of success in the workplace. It is the ability to manage one's feelings so that they are expressed appropriately and effectively, enabling people to work together smoothly toward their common goals." Daniel Goleman, Author of Emotional Intelligence, New York Times Best Seller

This workshop will help WSH professionals to apply Emotional Intelligence principles to analyze and manage self and others. Learners will acquire awareness of the environment, express empathy and guide others. They will also learn to uphold integrity and build bonds with the stakeholders in their organizations. In addition, the learners will learn techniques of developing their capacities to stay optimistic, resilient and motivated in the face of adversity. It will allow them to assess an individual's level of Emotional Intelligence in one's dealings and relationships and adapt to changes, thus building a better career and live a more fulfilling life.

Objectives

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

- Maintain resilience in pursuing goals despite obstacles and setbacks.
- Anticipate, recognize and understand others' feelings and perspectives.
- Manage one's emotions and impulses so that they are expressed appropriately.
- Take responsibility and accountability for the pursuit of performance excellence.
- Recognize and understand one's emotions, and their effects and impacts on others.
- Identify one's strengths and adopt strategies to build on them to facilitate the accomplishment of professional goals.
- Identify one's weaknesses and adopt strategies to overcome them in order to facilitate the accomplishment of professional goals.
- Apply techniques to build trust and develop bonding with co-workers to accomplish team goals.

Who should attend

WSH Professionals, Managers, Advisors, HSE Engineers, Executives and Specialists

Trainer

William entered the Skillsfuture training space in 2008. He brought with him thirty years of corporate experience in industries spanning manufacturing, fast-moving consumer goods, and logistics. These experiences gave him profound insight into the dynamics of workers and management relationships. William believes in and advocates the power of lifelong learning and personal development. Since entering the training industry, he has consistently maintained and upgraded his knowledge, culminating in obtaining a Master's in Training and Development (MTD), a Master's in Applied Positive Psychology, and Specialist Diploma in Career Counselling. He has not only competently facilitated many programs at operation to managerial level, but he has also served as a role model for lifelong learning and inspired and guided many participants to pursue new, fulfilling and rewarding careers.

Details

Date: 1. 28 Feb 2023 2. 10 Apr 2023 3. 17 May 2023 4. 04 Aug 2023

Time: 9am to 5pm (Registration starts at 8.45am)

Venue: SISO Academy Pte Ltd
167 Jalan Bukit Merah,
#02-16 Connection One, Tower 4
Singapore 150167

CPD Points: 7 SDUs

Course Fee: \$195.00 (SISO Member)
\$235.00 (NON_member)

For more information and registration:

Website: www.siso.edu.sg

Email: training1@siso.org.sg

Phone: 67775185

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Part A					
Training Date:					
Part B - Participants Details (attach a separate list if necessary)					
Salutation <i>(Mr/Ms/Mdm)</i>	Name <i>(Please underline surname)</i>	NRIC <i>(last 4 characters; SXXXX123A)</i>	Designation / Job Title <i>(Please indicate your WSHO Reg. No., if any)</i>	Mobile no:	Email
	PLEASE REGISTER ONLINE	DO NOT USE THIS MANUAL FORM			
Part C - Company Particulars					
Name of Company:					
Type of Industry:					
Name of Contact Person:				Designation:	
Tel:				Fax:	
Email <i>(for course correspondence)</i> :					
Part D - Billing Details					
Billing Address:					
Please tick as appropriate if you would like an invoice to the company: <input type="checkbox"/> Yes <input type="checkbox"/> No			e-Invoice for Government bodies Dept & Sub-business unit: _____		
SISO member <i>(circle as appropriate)</i> : Yes/ No *SISO membership no: NOTE			(For sponsoring company only) Company Stamp:		

1. Registration and Payment

Please submit completed form together with a crossed cheque, made payable to "SISO Academy Pte Ltd", to reach us no later than one week prior to the programme start date.

Please mail registration and cheque to:
SISO Academy Pte Ltd
 167 Jalan Bukit Merah
 #02-16 Connection One, Tower 4,
 Singapore 150167

Course Fee: \$195.00 (SISO Member)
 \$235.00 (NON-member)

Visit our website at www.siso.edu.sg
 Email: training1@siso.org.sg
 Phone: 6777 5185

2. Withdrawal

If written notice of withdrawal is received:
 > 14 days before commencement of programme – full refund
 Between 3 & 13 working days – 70% refund
 Less than 3 working days - no refund

(Please note that programme confirmation can only be made 3 days before the commencement date)

The Academy reserves the right to amend the programme content, or to cancel or change the date of the programme or the venue.