



# 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:** 16 Jan 2026      04Feb 2026      03 Mar 2026

**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

7 SDUs

**Course Fee:** \$202.00 (SISO Member)  
\$242.00 (NON member)

**For more information and registration:**

**Website:** [www.siso.edu.sg](http://www.siso.edu.sg)

**Email:** [training1@siso.org.sg](mailto:training1@siso.org.sg)