



El the Third Eye

The Speaker

DR. ANJANA SEN

MBBS D. Ophth

- Medical Professional with 27 years of Clinical Experience
- Independent Consultant for Emotional Intelligence since 2004

Author

- 'Get the Ego Advantage!' 2006 SAGE
- 'Adventure Ahead' Original Screenplay for cartoon film 2007
- Academic publications 2008-12 (list enclosed)

Affiliation

- Founder Member of Forum for Emotional Intelligence Learning (FEIL) Mumbai
- Individual Member of CREIO, Consortium for Research on Emotional Intelligence in Organizations, USA
<http://www.eiconsortium.org/members/sen.html>
- Certified trainer by Six Seconds. Org of USA

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MAXIMIZE POTENTIAL

- Teamwork & Productivity
- Creativity & Commitment
- Ego Balance
- Empathy & Relationship
- Trust & Reliability
- Leadership Development
- Stress Prevention
- Happiness & Health

MINIMIZE STRESS

Emotional Intelligence

Emotional Intelligence is the ability to sense and understand one's own emotions, to express and regulate them appropriately and to use them in the process of decision making. It includes the capacity to understand and feel for others, and so set up and maintain quality of relationships.

EI is the first of our intrinsic multiple intelligences through which we become aware of emotions within ourselves and in others. Developing emotional intelligence helps us to manage ourselves and interpersonal relationships. Ability to recognize and regulate emotions forms the basis of 'getting along with others'. This ability has been found to count more than academic brilliance in achieving and maintaining personal and professional success. As one climbs higher in the organizational pyramid, the ratio of Emotional Competence to Technical Competence which is called into play keeps rising. Emotional Competence can be Learned and Developed Emotional Learning is Experiential; hence the Workshop mode is the preferred mode of building awareness and competence. Each workshop is customized to the needs of the participant group profile based upon profession, level within the organization and previous exposure to the topic.

Program Menu

- Emotional Intelligence for Corporate Leaders
- Maximize Potential with Emotional Intelligence
- Hospitality Industry and Emotional Intelligence
- Healthcare Delivery and Emotional Intelligence
- Technocrats in Managerial Role – Paradigm Shift with EI
- Teaching with Emotions in Mind
- Mentoring/Parenting with Emotional Intelligence
- Emotional Intelligence for Positive Health

Workshop Content/Focus

1. Self Awareness & Development
2. Emotional Competencies Framework
3. Maximize Potential
4. Ego Management
5. Emotional Regulation
6. Social Intelligence/Relationship
7. Stress Management
8. Focus on Creativity
9. Health & Healing
10. Focus on Teaching with the brain in mind/Parenting
11. Focus on Leadership Development

Workshop Program Length

- Half Day – Awareness and Sensitization – Talk with Slideshow
- 1 Day - Workshop with 2 focus topics
 - 2 Day - Workshop with 4 focus topics
 - 3 Day - Workshop with 6 focus topics

Organizations that wish to embrace the concept of Emotional Intelligence for the first time may ideally begin at the top and allow the awareness to percolate through all levels

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