



## Emotional & Social Intelligence

*Everything in balance-including balance*



**A comprehensive skill building workshop on the what, why & how of managing expectations, emotions & stress**

### OUTCOMES

By the end of the workshop, you would be able to



Understand & internalize that stress is not a choice, but a consequence; that it cannot be avoided but can be managed



Learn to cultivate new and strengthen existing relationships by managing implicit and explicit expectations



Identify the difference between taking your work seriously and taking yourself seriously



Develop the skill of saying a 'no' without harming the relationship



Become aware of our individual and collective conditioning, triggers and learn to dissolve them



Become more emotionally intelligent by increasing your field of self-awareness and identifying neuroses & blind spots



Be able to receive and offer feedback with equilibrium and poise – whilst maintaining self-esteem – both of self and others



Handle difficult professional & personal relationships with a mix of assertiveness and pacing



Create an internal framework to deal with emotions - one that is unique, authentic, personal and effective in your context



Understand that you are a witness & gain greater control by learning to appreciate the transience, complexity & impermanence of everything



Improve the quality of consciousness by understanding brain theory and the process of habit formation



Use tools & inventories to evaluate the present competency level and chart the path towards the desired level

## What?

A one-day experiential workshop on the what, how & why of managing expectations, emotions & stress. It is easy and inevitable to lose touch with the inner self and going off balance in the humdrum of everyday life. To lose sight of that which is important in the daily hunt for all things legitimately urgent. The good news is losing it is the key to understanding and appreciating it. The even better news is that what is lost can be found again.

## How?

The pedagogy adopted is a proven and powerful mix of concepts, experiential learning and real time skill building. The internet is littered with an endless stream of 'secrets' & 'tips' for managing stress & emotions. Well, the secret is that there is no secret. What works phenomenally well for one person simply doesn't cut it for someone else. The idea is to identify and build on one's own strengths and consciously and consistently work on development areas.

## Why?

Because while Intelligence Quotient (IQ) is essential to make a living, Emotional Quotient (EQ) helps you 'get' a life. Because the ability to be aware of one's own emotions and be sensitive to those of others is the cornerstone of great relationships. Because emotional and social intelligence is a skill set that is intrinsic to the pursuit of balance, equanimity, harmony and sense of general well being. Because while material objects come with instruction manuals, people don't.

## Who?

Individuals desirous of building a deeper, intimate and meaningful relationships with themselves and others. Professionals who manage teams & have to work closely with people to achieve their goals. Those of us who wish to handle difficult relationships - develop the skill of saying a 'no without harming a relationship- with equanimity and poise. People having the willingness and looking for the skill set to manage expectations, emotions and stress.

## When & Where?

Please refer to the dates mentioned in the mail  
• Bangalore • Chennai • Delhi • Hyderabad • Pune • Mumbai

## Investment?

Early Bird Pricing: 7999; Standard Pricing: 8999. Includes a knowledge toolkit and a one-on-one session post the workshop. Exclusive of taxes.

**Note: We follow a full on-the-spot refund policy in the event of the individual being dissatisfied with the workshop.**

## RSVP/ How can I register?

Registration is easy and simple : You can call us at 91 - 98846-46392, or write to us at [hr@thegamechanger.in](mailto:hr@thegamechanger.in) or visit our website : [www.thegamechangers.co.in](http://www.thegamechangers.co.in)

## Session outline

### Day 1

- Context Setting
- Understanding the brain & the process of habit formation
- Introducing Emotional & Social Intelligence

### Five essential principles

- Delaying Gratification
- Suspending Judgement
- Managing Expectations
- Living in the Present
- Focusing on the how(s)

### Transactional Analysis as a tool

- Parent Ego State
- Adult Ego State
- Child Ego State

### Strokes & Self esteem

### Action Planning

- identify three clear competencies to be worked upon
- make a specific and measurable list of 'to-do' things with deadlines
- do a round feed forward with the other participants of the workshop.

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*I have attended a lot of workshops on different skill sets, but this has to be the most rewarding experience ever on all counts - facilitation, quality of learning, depth of discussion down to the practical and implementable nature of the concepts covered.*

**– Rashmi Gautam (Pearson Education)**

*A workshop with Yogesh is simply a collection of 'truths'. It is a wonder how he combines and balances stuff so flawlessly. Introspective without being overbearing, the workshop worked for me at both an awareness and application level. I came out a more aware person.*

**– Teena Jose (Vodafone)**

*First thing I noticed about Yogesh is that he is sensitive to audience expectations, apprehensions and needs to a fault. He consciously and effortlessly creates an environment that brings us out the best in us and affords an opportunity to learn, unlearn and relearn.*

**– Juanita Ruth (Hewlett-Packard Global)**



## About the facilitator:

Yogesh Parmar is the founder of GameChangers - India's first fully integrated and diversified learning and development services enterprise - and a renowned & celebrated speaker, consultant & coach. Recently nominated to the prestigious and select list of 100 Emerging Leaders in Asia by World Consulting & Research Corporation (WCRC), he is a certified master trainer and has helped ignite and sustain significant performance excellence for 15000+ people in Fortune 100 & 500 organisations like Accenture, Hewlett-Packard, Wipro, Pearson, Airtel, United Health Group, Interglobe & Alcatel-Lucent.



Uniquely skilled with a non-condescending, animated and inclusive style, his workshops synthesize subject matter expertise with the eclecticism of behavioral sciences, liberal arts & the ground realities of the day. With an almost surreal ability to cull uncommon insights and 'connect' the dots, he is a perennial people lover who disarms and engages with his audience - spanning different geographies, sensibilities and worldviews - with iceberg knowledge and self deprecation.

## About us:

GameChangers is India's first and only fully integrated and diversified people development enterprise offering end-to-end learning and development services that ignite and improve individual and organizational performance significantly within a tangible, measurable and context specific framework.

Our value proposition is building people capability and eco-systems that enable sustained excellence. Our suite of services - constituting performance consulting, L&D process outsourcing, behavioral, life and soft skills boot camps, entrepreneurship labs, performance arts based experiential programs - help a global clientele that includes Fortune 500 corporate houses, budding SMEs, international consulates, eminent universities and prominent schools foster and sustain holistic excellence.

**gamechangers**

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