

POSITIVITY WITH EQ IN THE WORKPLACE

The "**Positivity with EQ in the Workplace**" program is designed to help organizations foster a positive work culture by integrating **Emotional Intelligence (EQ)**.

By developing key EQ skills such as **self-awareness, empathy, and emotional regulation**, participants will learn how to create an environment where collaboration, trust, and open communication thrive.

WHAT WILL YOUR PEOPLE LEARN?

- **Enhance self-awareness** by recognizing their emotional triggers and understanding how their moods and behaviors affect others
- **Develop empathy and social awareness** to better understand colleagues' perspectives and respond with compassion and respect
- **Manage emotions effectively**, especially in challenging or high-pressure situations, to maintain professionalism and emotional balance

METHODS OF DELIVERY

- **Facilitated Workshops** – Interactive sessions blending theory with practical workplace relevance
- **Group Discussions & Peer Learning** – To share perspectives and strengthen empathy
- **Scenario-Based Activities & Role-Plays** – To practise EQ skills in real-life workplace situations



WHO WILL BENEFIT?

All Levels



PROGRAM DURATION

2 Days

FACILITATOR

Mr. Azman Shah Dato' Aziz

*30 years of mastery in Training & Leadership,
Certified Coach, Experienced Psychotherapist, and
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Empowers individuals and organizations worldwide
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