

WORKSHOP

EMOTIONAL INTELLIGENCE SEI EQ MODEL

**-Its Importance to Boost
Personal and Professional
Performance**

DATE:
September 25, 2020

VENUE:
E012, E-Building
EPOKA University

PURPOSE

The EPOKA University is committed to providing tools and information that raise the performance of staff and increase job satisfaction.

The purpose of the training on “Emotional Intelligence” is to improve team communication and collaboration in order to make teamwork as effective as possible so that the university is best able achieve its goals.

During this training, participants will explore various EQ TOOLS & activities that promote inclusion in the workplace and the influence that it has on making EPOKA University a great place to work.

OUTCOME

- Increase self-awareness in Leadership & Effectiveness-Know Yourself component
- Improve – build healthy relationships
- Recognizing the power of Choose Yourself component in decision making
- Increase engagement & performance in workplace – Give Yourself component

FORMAT

The workshop will be a one-day activity. Administrative staff from each unit will be required to join the program. Different situations will be analyzed to understand what they can do to improve further teamwork.

MAIN ORGANIZERS

Epoka University's:

Permanent Commission on Quality Assurance in cooperation with Internal Quality Assurance Office and Office of the Administrator

AGENDA

DATE:
September 25, 2020

VENUE:
**Epoka University,
Classroom E012**

09:00 - 09:15	OPENING SESSION: WELCOME AND AGENDA <ul style="list-style-type: none">▪ Importance of Emotional Intelligence and its tools to improve skills in Leadership, Decision Making, Relationships and Effectiveness <p>All Presentations will be facilitated by:</p> <ul style="list-style-type: none">▪ Mr. Abdullah Veliu
09:15 - 10:45	TOPIC: <ul style="list-style-type: none">o Introduction to Emotional Intelligence SEI EQ Modelo Knew Yourself Component and its two competences<ul style="list-style-type: none">-Enhance Emotional Literacy-Recognizing Patternso Intermediate activities- exercises and discussions
10:45 - 11:00	COFFEE BREAK
11:00 - 12:30	TOPIC: <ul style="list-style-type: none">o Choose Yourself Component and its four competences<ul style="list-style-type: none">-Apply Consequential Thinking-Navigate Emotionso Intermediate activities- exercises and discussions
12:30 - 13:30	BREAK
13:30 - 14:30	TOPIC: CONTINUE WITH <ul style="list-style-type: none">o Choose Yourself Component and its other two competences<ul style="list-style-type: none">-Intrinsic Motivation-Exercise Optimismo Intermediate activities- exercises and discussions
14:30 - 16:00	TOPIC: <ul style="list-style-type: none">o Give Yourself Component and its two competences<ul style="list-style-type: none">-Increase Empathy-Pursue Noble Goalo Intermediate activities- exercises and discussionso Handover Certifications of Attendance

PROFILE OF TRAINER



Mr. Abdullah Veliu

A business development and project management specialist with extensive experience in supporting complex projects at the national and regional level. Successfully worked in and led various teams across a range of industries including logistics, construction, international development, agribusiness and media.

He is a certified Coach for Emotional Intelligence, serving as a consultant for supporting change close to Six Seconds - The Emotional Intelligence Network.