



Managing Emotions
*'The Power To Choose
How You Feel'*

Date: 4th July
Sunday
Time: 9am to 6pm
Venue: Hotel Grand Residency,
Bandra (W)
Contact: 98214-24251
98199-11197



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The Pulse Of The Program

A Native American boy was speaking with his grandfather. "What do you think is the biggest problem of people?" he asked.

The grandfather replied "I feel like two wolves are fighting in my heart. One is full of anger and hatred. The other is full of love, forgiveness and peace." "Which one will win?" asked the boy wide eyed.



To which the grandfather replied, " The one I feed."

Why Should You Attend This Program?

' Emotional Intelligence-The Power to Choose How You Feel' aims at empowering an individual to achieve personal success, better relationships, career growth & overall life satisfaction

- Help you reduce negative emotional stress
- Identify & eliminate negative beliefs and limiting thoughts
- Techniques for building powerful Emotional Skills for higher impact & greater productivity
- Feel empowered to create successful relationships and to lead others effectively

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Course Content

Emotional Awareness

- Concept of Emotion as `Energy in Motion'
- Creating an inventory of frequently experienced emotions
- Gaining insight into emotional patterns and how they affect your life
- Creating a balance sheet of positive and negative emotions
- Techniques for managing truant emotions which affect productivity and relationships negatively

Managing Emotions Effectively

- Understand how your mental filters and distortions affect the way you perceive the world
- Give yourself the gift of the ability to choose your emotional response on the spot
- Work through destructive thought patterns
- Replace negative self talk with positive affirmations
- Learn to manage intense emotions using deep breathing and muscle relaxation

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Developing Emotional Intelligence while dealing with people

Each participant will be assessed on 5 Emotional Intelligence parameters using a psychological inventory

- Assertive communication
- Comfort
- Empathy
- Potential Problem areas of
- Anger/Aggression
- Fear/Submission

Develop specific skills to raise overall level of emotional intelligence

Who should attend the program?

This workshop is ideal for every individual who is looking to understand how the emotional mind works and its positive contributions.

Also for those individuals who want to positively influence lives and bring out the best in others.

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Trainer Credentials:

Sneha Shah:

She is a 'Consultant Psychologist' & has extensive experience as a Soft Skills Trainer. She specializes in cognitive & behavioral training and has conducted numerous workshops for reputed Corporate Houses and Business Schools nationwide.



She is a certified MBTI, FIRO-B & ESAP Practitioner.

Shashank Gupta:

He is a Post Graduate in Business Administration with a specialization in Marketing.

His forte lies in conducting Managerial Skills, Body Language & Communication Skills, Business Etiquette & Personality Grooming workshops at various levels of management.



He is also functioning as a Coach to various students at post graduate level.

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Sneha & Shashank also successfully run their own Finishing School, which offers programs on holistic personality grooming.



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Testimonials - Isra Workshops:

Latesh Shah

-Founder – World Human Development Center

"Very interesting sessions. Sneha & Shashank are passionate coaches."

Poonam Mehta

-Chief Principal – Yash Birla Group

"I am enriched with this program and my knowledge has been greatly enhanced. The content was very well presented. Best wishes for the future."

Hardik Shah

-Director Accounts & Finance – Ten Sports

"Thanks a lot for conducting a very useful workshop. I do feel the positive changes. It is very difficult to comment on areas of improvement. You guys handled it with a lot of grace."

CA B.C Jain

-Chairman- Institute of Chartered Accountants

"The course, for senior CA's, was extremely successful and the benefits were visible. Seeing the enthusiastic response of our members, we would like to offer this course to all our members."

Praveen Dixit

-National Sales Manager- Mettler Toledo Pvt Ltd

"Great insight into one's own personality. Understood the value of nurturing relationships."

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Training Fees:

Rs. 2900/- (All Inclusive)
For registration by 2nd July 2010

Rs. 3200/- (All Inclusive)
For registration after 2nd July 2010

Inclusive of certificate, training material & lunch

Maximum Participants: 20

Registration Options:

1. Courier cheque [Name- 'Isra'] at ISRA corporate office
2. Hand delivery of cash at ISRA corporate office
3. Cash Deposit/ Cheque Deposit/ Online Transfer through IDBI Ac No. 019102000019062. Name: Isra. Branch: Warden Road. IFSC Code: IBKL0000019.
4. Cash Deposit/ Cheque Deposit/ Online Transfer through ICICI Ac No. 0356 0500 0973. Name: Isra. Branch: Tardeo. IFSC Code: ICIC0000356

Isra Corporate Office

62, 'C' Wing,
Mittal Court,
Nariman Point,
Mumbai - 400021

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Email: mail.isra@gmail.com
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