



Management Development Program

MASTERING EMOTIONAL INTELLIGENCE FOR LIFE AND LEADERSHIP

In today's dynamic and interconnected workplace, success depends not only on technical expertise but also on the ability to understand and manage emotions effectively. **Mastering Emotional Intelligence for Life and Leadership** is an experiential learning program designed to help professionals enhance self-awareness, emotional regulation, empathy, resilience, and relationship management.

Through self-assessments, reflective exercises, discussions, and practical activities, participants will learn how emotions influence decision-making, communication, teamwork, and leadership effectiveness. The program provides actionable strategies to manage stress, navigate conflicts, build stronger relationships, and lead with greater influence and authenticity.

OBJECTIVES OF THE PROGRAM :

- Understand the foundations and dimensions of Emotional Intelligence.
- Enhance self-awareness, emotional regulation, and resilience.
- Improve communication, empathy, and relationship management.
- Apply Emotional Intelligence for effective leadership and team engagement.
- Manage stress, conflicts, and workplace challenges constructively.
- Foster a positive, collaborative, and high-performing work environment.

WHO CAN ATTEND :

- Junior, Middle, and Senior-Level Executives, team leaders, managers, and professionals seeking to enhance their leadership effectiveness, communication skills, emotional resilience, and interpersonal influence.
- HR Professionals, Functional Heads, Entrepreneurs, and Emerging Leaders who wish to build stronger relationships, manage workplace challenges effectively, and create high-performing, emotionally intelligent teams.

Resource Person : Dr. R Deepa, Dean - Industry Engagements, PSGIM

DATE: 24 OCT 2026
TIME: 9 AM - 5 PM
VENUE: PSGIM

PROGRAM FEE: INR 2950 /-
(2500+ GST @ 18%) Per Participant



Location QR

For Registration and further details, contact:
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