

## **Webinar Title: “Nurturing Emotional Intelligence for Professional Success”**

**About the Webinar:** Despite all emphasis given on Intelligence Quotient (IQ), it has been found that success is a factor of something more than just IQ. That something more can be characterized as our ability to manage emotions which may be referred as Emotional Intelligence (EI) which helps individuals to handle stress better; keep one motivated and empathetic. EI also helps to have better understanding not only about oneself but also about other individuals. Emotions and intelligence are inseparable and it's important to bring both the facets together to excel in both personal and professional life so as to handle interpersonal relationships judiciously and empathetically.

### **Key Learning Points covered:**

- ❖ Understand the concept of Emotional Intelligence (EI) and how its impact on both personal and professional life.
- ❖ Aware of the importance of self-awareness, getting in touch and understand feelings and emotions of others in terms of developing emotional intelligence skills.
- ❖ Practice techniques to self-motivate, control emotions and challenge negative thought patterns for betterment of personal and professional life.
- ❖ Bring insight into the importance of empathy and developing social awareness for properly managing relationships with others as an emotionally intelligent person.

**About the Speaker:** Dr. Jaya Srivastava is currently a faculty member and Head of Department of Management Studies, Rajiv Gandhi Institute of Petroleum Technology, Jais, Amethi.



In addition to teaching various courses in Human Resource Management (HRM), Negotiation & Conflict Management, Change Management, Team Building & Leadership, Creativity & Innovation and Strategic Management, she also undertakes research and consulting projects. Dr. Srivastava's consulting and research expertise spans areas like: HRM, organizational restructuring, HR & strategic alignment, strategic aspects to communication, negotiation & conflict management etc.

Dr. Srivastava has been certified by the Academy of Applied Emotional Intelligence as an EI Assessor and coach. She has also undergone the Daniel Goleman Emotional Intelligence Coaching & Training program. She has extensive training experience in various sectors like energy, power, textiles, and higher education etc.