

# Communication & Emotional Intelligence (EQ)



Date: 24 May 2024

Time: 9 am - 5 pm

Venue: MEF Academy, PJ

Course Fees: RM 850 (inclusive 8% SST)

\*HRDC Claimable / payable to MEF Academy Sdn Bhd

Please Click the link below for registration :-

<https://forms.office.com/r/WAugLjLkvT>

Please Scan QR Code =>



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# EQ Introduction & Objectives

Daniel Goleman, renowned author of Emotional Intelligence and Leadership: The Power of Emotional Intelligence (EQ), sets out the scientific discovery that the leader-follower dynamic involves powerful emotional and social circuits that prompt brain functions to react consciously & unconsciously to each other. As such, leaders need to be equipped with understanding of EQ, defined as “the ability to perceive emotions; to access and generate emotions so as to assist thought; to understand emotions and emotional knowledge; and to reflectively regulate emotions so as to promote emotional and intellectual growth.” This program provides participants with understanding of EQ towards improved work.



## Who Should Attend?

- Manager / Supervisors
- Executives
- Team Leader
- Management staff



TIME	CONTENTS
9.00 – 9.15am	<b>Introduction &amp; Objectives</b>
9.15 – 10.30am	<b>Module 1: PRINCIPLES OF EQ</b> <ul style="list-style-type: none"> <li>• Science behind EQ</li> <li>• Personal Competence <ul style="list-style-type: none"> <li>✓ Self awareness</li> <li>✓ Self management</li> </ul> </li> <li>• Social Competence <ul style="list-style-type: none"> <li>✓ Social awareness</li> <li>✓ Relationship management</li> </ul> </li> </ul>
10.30 – 10.50am	<b>Break</b>
10.50 – 1.00pm	<b>Module 2: 2. SOCIAL COMPETENCE (EQ) AT WORK</b> <ul style="list-style-type: none"> <li>• Leaderships Styles      • EQ Self Analysis of Leader Characteristics</li> <li>• People management <ul style="list-style-type: none"> <li>✓ Personality Profiles</li> <li>✓ Generation Gap (Baby Boomers, X, Y)</li> </ul> </li> </ul>
1.00 – 2.00pm	<b>Lunch break</b>
2.00 – 3.20pm	<b>Module 3: EQ SKILLS FOR LEADERS</b> <ul style="list-style-type: none"> <li>• Inspirational Leadership    • Teamwork &amp; collaboration</li> <li>• Developing others</li> </ul>
3.20 – 3.40pm	<b>Break</b>
3.40pm – 5.00pm	<b>Module 3: EQ SKILLS FOR LEADERS</b> <ul style="list-style-type: none"> <li>• Conflict management    • Influence    • Change catalyst</li> </ul>



# Trainer Profile: Vignesh K Velayuthan



Mr Vignesh Velayuthan is a dynamic and result oriented trainer with 25 years of experience in a leadership position in the MNC & Hospitality industry. He carries wide experience & knowledge gained from working in various countries such as Singapore, Indonesia, Switzerland & UK. He articulates various managerial positions, project management, trainings & HR Skills in manufacturing and hospitality industries. Graduated from Universiti Kebangsaan Malaysia (B. Econs) and Post Graduate Hospitality Management (PGD) from HIM, Switzerland, he is also a Certified CIPP (AIBFM). He has an innate sense of task prioritization, managerial aptitude, training & development and result oriented attitude towards accelerating organizational growth in a competitive environment.

With his wide range of experiences working in various industries and MNC's, he have mastered in many areas as such: -

- **People management/relations:** Leadership, supervisory skill, conflict management, recruiting new staff, motivating, and encouraging staff to achieve targets and succeed project management.
- **HRM :** Job design and job analysis, recruitment and hiring, employee training and development, employee performance management, Training Needs Analysis (TNA) - identifies training and development needs for employees for better job efficiency.
- **Team Building (TB)** - responsible for organizing the TB programs for an assigned team in an organization. Enhance and bring the motivational factor among the participants
- **ISO management & workplace safety** - performs quality control inspections and communicates to department workforce/leaders towards achieving the company's goals and objectives.

## CORPORATE EXPERIENCE

He has substantial work experience in several big industries such as semiconductor, electronics and hospitality at an operations management level and People relation/management. His wealth of experience has given him great insights and firsthand experience in People Management, Operations & Quality Management for thousands of employees. He is also very well versed in ISO management has conducted many in-house trainings related to these industries.

## PROJECT INVOLVEMENT AND CONTRIBUTIONS

During his tenure in Western Digital (M) & Matsushita Electronics (Indonesia) his biggest achievement was to handle the entire New production floor opening, reviewing the entire Operation Department process with tremendous cost efficiency and reduction of error and rejection rates. Further to this, he also has successfully done the Hotel opening project in Penang and Fast Food (Domino's) Outlet opening at Cyberjaya. In addition to this, Mr Vignesh was also involved in property management projects that resulted in big cost saving measures to the companies he served (PPC International).

## TRAINING STYLE

For the past 10 years, Mr Vignesh has been conducting trainings actively and received an excellent track record as an outstanding trainer with an emphasis on his structured training & assessment approach. He runs trainings for all levels of employees from Line leaders to Managers of Multinational companies and Small Medium Corporations. His training ratings are high and has been labelled by participants as a "high-caliber" and "passionate and conscientious" speaker who shares his life experiences well. With his skillful delivery and substantial experience in the corporate world, one can expect to learn advanced topics with management skills to be better equipped for the challenges ahead.

## QUALIFICATIONS :-

B.Econ (Hons) – Uni Keb Mal (UKM)

PGD Hotel Management – HIM Switzerland

Certified International Purchasing/Procurement Professional (CIPP)

Train The Trainer (TTT) – HRDF Corp

Certified Safety Training (WAH) – Level 1 & 2 – Safety Training Consultancy

Certified Confined Space Standby Person – NIOSH

Certified ISO (IMS) 9001/18001/45001 – GT Consultancy