

# LEADING WITH EMOTIONAL INTELLIGENCE



**MUZNA ALI**

**HARNESSING  
SELF-AWARENESS,  
EMPATHY, AND  
INFLUENCE FOR  
IMPACTFUL LEADERSHIP.**

Date

**23 OCTOBER 2025**

Time

**0900 - 1700 HOURS**

Location

**KARACHI**

# LEADING WITH EMOTIONAL INTELLIGENCE

## OVERVIEW

At the core of every outstanding leader are the abilities to connect, achieve, inspire, and act with resilience. Emotional Intelligence (EQ) is the foundation of these skills, enabling leaders to build stronger relationships, navigate challenges, and create lasting impact.

This dynamic, day-long session is designed to help you unlock the power of EQ, equipping you with the skills and strategies to build trust, enhance decision-making, and foster more impactful professional relationships.

## PROGRAM BENEFITS

By the end of this program, participants

- will:
- Enhance Emotional Awareness – Understand and manage emotions effectively. Improve Relationship Management – Strengthen professional relationships with empathy and trust. Master Proactive Conflict Resolution – Transform conflicts into growth opportunities. Develop Effective Feedback Techniques – Learn the SBI model for impactful feedback. Increase Resilience – Build techniques to handle stress and emotional challenges. Integrate EQ into Daily Practice – Create a personalized action plan for workplace success.
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## TRAINING METHODOLOGY

A highly interactive and engaging session designed to ensure hands-on learning through:

- **Experiencing** – Simulations to practice skills and techniques.
- **Reflecting** – Video-based discussions and introspective activities.
- **Thinking** – Case studies, group discussions, and real-world examples.
- **Acting** – Role plays and exercises for practical application.

## WHO SHOULD ATTEND?

This program is ideal for:

- Leaders and Managers
- HR and L&D Professionals
- Team Leads and Supervisors
- Professionals looking to enhance their leadership skills and workplace effectiveness

# HARNESSING SELF-AWARENESS, EMPATHY, AND INFLUENCE FOR IMPACTFUL LEADERSHIP.

## PROGRAM OUTLINE

### Module 1: Fundamentals of Emotional Intelligence

EQ vs. IQ – Why EQ is critical for leadership.

Emotions Management with 5 Chairs 5 Choices – Interactive role-play exercise.

The Power of the Pause – Strategies to manage emotional responses.

Reactive vs. Proactive Approach – Scenarios and role-plays for practicing proactive leadership.

### Module 2: Private Victory – Self-Awareness

- Understanding Self with The Identity Iceberg – Explore the visible and hidden aspects of self.
- Personality Assessment – Identify personal traits and discuss results.
- Deep Dive into Self-Awareness – Reflective journaling on daily triggers and emotions.
- Triggers and Managing Strategies – Develop personalized emotional management techniques.

### Module 3: Public Victory – Relationship Management

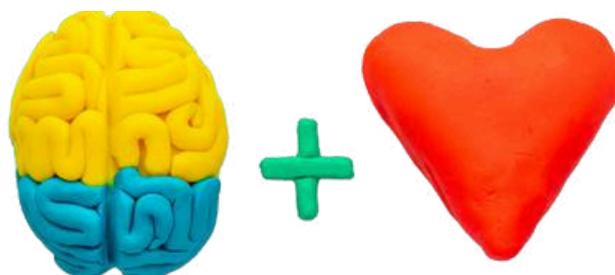
- Daniel Goleman’s EI Model – Explore the five components of emotional intelligence.
- Circle of Control vs. Circle of Concern – Learn to focus on what truly matters.
- The 5 Dysfunctions of a Team – Case study and group discussion.
- Feedback in its Essence - The SBI Model – Practice delivering effective feedback.
- Conflict Management - Don’t Defuse It, Use It – Learn the art of productive conflict resolution.

### Module 4: Integrating Emotional Intelligence at Work

- Empathy in Action – Understanding perspectives through empathy mapping.
- Building Resilience – Develop strategies for emotional resilience.
- Effective Communication – Master active listening and non-verbal communication.
- Integrating EQ into Daily Practice – Create a personalized emotional intelligence action plan.

## READY TO ELEVATE YOUR LEADERSHIP THROUGH EQ?

Join us for this transformative experience and take the first step toward becoming an emotionally intelligent leader!



# YOUR PROGRAM FACILITATOR

**Muzna Ali** is a seasoned consultant and facilitator with over a decade of experience in delivering high-impact soft skills training. As an ABNLP Certified NLP Practitioner, she specializes in:

- People Management
- Emotional Intelligence
- Business Communication
- Inclusion & Belonging
- Teamwork & Collaboration
- Women Leadership Development Program

Her journey began with Berlitz Pakistan, where she focused on enhancing communication skills and fostering emotional intelligence. At K-Electric, she played a key role in cultural transformation by leading learning initiatives across 26 departments. Muzna has trained professionals across multiple industries, including Utility, IT, FMCG, Pharma, and Healthcare, helping organizations enhance their leadership capabilities and team effectiveness.

Her expertise in Learning & Organizational Development, Quality Assurance, and Training ensures that all activities are aligned with business objectives, making her an ideal facilitator to help individuals and teams unlock their true potential.



## REGISTRATION DETAILS

To register for the program, please mail us the following details;

Name

Designation

Contact no.

Email address

Program fee: **PKR 30,000/-** per participant  
Nominate Group of **3** and get 10% Discount.

The program fee covers tuition, program manual, certificate of participation, lunch, EQ Cards, refreshments and networking.

Cancellations can be sent 7 days before the program, after which NO cancellations will be accepted.

### For more information contact

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**Join us for this transformative one-day journey and elevate your emotional intelligence to unlock deeper connections and greater success!**