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LEADING WITH EMOTIONAL INTELLIGENCE

ONE-DAY EXPERIENTIAL WORKSHOP



FACILITATOR:

MUZNA ALI

Corporate Trainer & Consultant

17th December 2026

Mövenpick Karachi

0900 — 1700 Hours

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OVERVIEW

Emotional Intelligence is not about being “nice” or staying calm. It is about noticing what is happening within you, understanding your patterns and triggers, and choosing how you respond, especially when situations get difficult.

This one-day experiential workshop takes participants from self-awareness to interpersonal effectiveness, using Daniel Goleman’s EI framework and practical workplace scenarios. Participants explore how emotions influence decisions, communication, relationships and performance, and learn practical tools to respond with greater intention.

The workshop moves through four powerful shifts:
Know Yourself → Manage Yourself → Read Others → Lead Relationships

The session is highly interactive, using reflection, role plays, real workplace scenarios and practical tools so that insight translates into behaviour.

LEARNING OUTCOMES

By the end of the workshop, participants will be able to:

1. Recognize their emotional patterns and triggers in real time.
2. Understand how values, beliefs and emotions influence behaviour.
3. Pause and choose their response rather than react on autopilot.
4. Read people and situations beyond what is being said.
5. Build trust and navigate difficult conversations with empathy and clarity.
6. Apply Emotional Intelligence to everyday workplace interactions.

WHO SHOULD ATTEND?

Managers, Senior Managers, Team Leaders, Functional Leads, Project Managers, HR & People Managers, and high-potential professionals preparing for leadership roles.

Ideal for professionals who lead people, manage stakeholders, work across teams, or need to navigate pressure, conflict and difficult workplace conversations with greater emotional intelligence.

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WORKSHOP FLOW

01 | THE INNER CLIMATE
Building Self-Awareness

- Emotional Intelligence: What it really means
- Daniel Goleman's EI Model
- The **Identity Iceberg** - what drives behaviour beneath the surface
- Core Values & Emotional Triggers
- Recognizing personal patterns and blind spots

Experience: Who Are You? + Values & Triggers Reflection

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02 | PAUSE > CHOOSE
Self-Management Under Pressure

- Naming and understanding emotions
- Reaction vs. Response
- The **RAIN Model** for processing emotions
- **5 Chairs, 5 Choices** - different ways we respond under pressure
- Creating space between stimulus and response

Experience: Guided reflection + Lego based storytelling

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03 | READ THE ROOM
Social Awareness & Empathy

- Empathy beyond "putting yourself in someone else's shoes"
- Recognizing emotions in others
- Reading body language and micro-behaviours
- Understanding relationship dynamics
- Spotting unspoken tensions, silos and undercurrents

Experience: *Read the Room* - decode a workplace scenario

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04 | LEAD THE RELATIONSHIP
Trust, Feedback & Difficult Conversations

- What builds and breaks trust
- **Circle of Control vs. Circle of Concern**
- Influence without authority
- Feedback through **Radical Candor**
- Conflict: **Don't Defuse It, Use It**
- Asking better questions in difficult conversations **Experience**: Feedback rolepalys, 7 ways to deal with a conflict (HBR's Article) presentation

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05 | MAKE IT REAL
Integrating EI at Work

Participants identify their **EI moments that matter** situations where a more emotionally intelligent response can change the outcome.

Activity: Personal EI Action Plan

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FACILITATOR



MUZNA ALI

Corporate Trainer & Consultant

This program will be Facilitated by Muzna Ali who is a seasoned Trainer and Coach, dedicated to empowering professionals to unlock their full potential.

As an ABNLP certified NLP practitioner and coach, she has guided thousands in enhancing their productivity, communication skills, emotional intelligence, and leadership abilities. With over a decade of experience, Muzna has designed and led transformational training programs across diverse industries, including Textile, Utility, IT, Pharma, FMCG, Healthcare, Oil and Gas, and Supply Chain.

Her expertise in corporate training, coaching, and performance enhancement makes her the go-to professional for those seeking to optimize personal effectiveness, master communication strategies, and drive meaningful results in their careers.

REGISTRATION DETAILS

REGULAR FEE

PKR 45,000

PER PARTICIPANT + SST

Fee Includes:
Learning material, lunch, refreshments, business networking opportunities, and a certificate of participation.

10% discount on a group of 3 or more participants

For Registration(s)
send us your **Name, Designation, E-mail, Mobile Number and CNIC to events@learningmindsgroup.com**

For further information please contact
Talha Shabbir
Phone: **0321-8747595**
events@learningmindsgroup.com

Cancellation Policy: Cancellations made within 7 working days of the workshop are non-refundable. All cancellations must be submitted via email. Substitutions, however, are welcome at any time.

Interested in a customized in-house workshop for your organization?

Email us at **talha.s@learningmindsgroup.com** to explore the possibilities.