

TWO-DAY WORKSHOP ON

Emotional Intelligence

Incredible Tool to Become Healthy and Wealthy



Resource Person

Prof. Sanjay Saxena

Department of Management
School of Management
Sciences
Varanasi, India

+91-7408424211

sanjay.saxena.lms@gmail.com

How Will This Workshop Benefit Participants?

01

Emotional Awareness

Recognize your emotions, mood swings, and motivations with clarity and confidence.

02

Impulse Management

Develop skills to manage impulsive feelings and behaviours under pressure.

03

Interpersonal Mastery

Strengthen your ability to manage and nurture interpersonal relationships effectively.

04

Excellence in All Endeavours

Build the EI toolkit to achieve peak performance in every dimension of life.

Programme Overview

MODULE 01

Understanding Emotional Intelligence

EI Pre-Assessment · What is Emotion? · Affectivity · Amygdala Hijack

MODULE 02

Emotional Self-Control

Self-Awareness · Affect Labeling · Conduct Emotional Audit · Reappraisal

MODULE 03

Emotional Self-Regulation

Alpha Waves · Self-Observation · Locus of Control · Ego · Self-Esteem

MODULE 04

Self-Motivation

Passion · Faith · Gratitude · Living at a 10X Level

MODULE 05

Managing Relations

Trustworthiness · Win-Win Attitude · Positive Transactions

MODULE 06

Acquiring Health & Wealth Through EI

Correlation between EI, Health, and Personal Wealth

MODULE 01

Understanding Emotional Intelligence

Pre-Assessment and Foundation Concepts



Module 01 — Understanding Emotional Intelligence

EI Pre-Assessment

Baseline measurement of each participant's current emotional intelligence levels.

What is Emotion?

Understanding the physiological and psychological origins of emotional responses.

Positive & Negative Affectivity

Exploring the spectrum of emotional states and their impact on thinking and behaviour.

Consequences of Negative Affectivity

How unchecked negative emotions affect decisions, health, and relationships.

Benefits of Positive Affectivity

The compounding advantages of cultivating a positive emotional baseline.

Amygdala Hijack

The neuroscience behind emotional flooding and how to regain rational control.

What is Emotional Intelligence?

Defining EI, its four domains, and why it predicts success better than IQ alone.

MODULE 02

Emotional Self-Control

Mastering your inner emotional landscape



Module 02 — Emotional Self-Control

1

Self-Awareness

Identify your emotional triggers and patterns before they control you.

2

Affect Labeling

Name your emotions precisely — labeling reduces their physiological intensity.

3

Conduct Emotional Audit

Structured self-examination to surface recurring destructive emotional habits.

4

Reappraisal

Cognitive reframing to shift your emotional response to the same stimulus.

5

Practical Exercises

Hands-on participant activities to embed self-control techniques in real scenarios.

MODULE 03

Emotional Self-Regulation

Sustaining calm, focus, and personal regulations



Module 03 — Emotional Self-Regulation

How to Live in Alpha Waves?

Enter a calm, high-performance mental state using proven neurological techniques.

Self-Observation

Develop the habit of watching your own thoughts without judgment.

How to Develop an Internal Locus of Control?

Shift from blaming external events to owning outcomes and responses.

How to Dilute Our Ego?

Reduce the defensive ego that blocks growth, learning, and collaboration.

How to Develop a Positive Attitude?

Cultivate optimism as a disciplined, learnable daily practice.

How to Heighten Our Self-Esteem?

Build a robust, unshakeable sense of personal worth and capability.

Practical Exercise

Structured group activity applying regulation techniques to real scenarios.

MODULE 04

Self-Motivation

Igniting and sustaining your inner drive



Module 04 — Self-Motivation

How to See the Invisible and Achieve the Impossible?

Develop visionary thinking — the ability to perceive possibilities beyond the obvious.

How to Nurture Your Passion?

Identify, protect, and fuel the intrinsic motivators that drive sustained high performance.

How to Live at a 10X Level?

Adopt a mindset of exponential ambition — think and live at 10 times your current level.

Have Faith

Build unwavering belief in your vision and your capacity to bring it to reality.

How to Practice Gratitude?

Daily gratitude practices utilizing an AA formula that rewires the brain for optimism and resilience.

Practical Exercise

Immersive participant activities to anchor motivation techniques in daily habits.

MODULE 05

Managing Relations

Creating trust, rapport and positive impact



Module 05 — Managing Relations

How to Be Trustworthy?

Understand the behaviours and commitments that build deep, lasting trust with others.

How to Keep Positive Transactions?

Maintain high-quality emotional exchanges that leave others energised, not drained.

Emotional Condensation

Learn to distil and channel complex group emotions into constructive collective energy.

Practical Exercise

Role-play and reflection activities designed to sharpen your relational intelligence.

Nuances of Win-Win Attitude

Move beyond compromise to genuinely collaborative solutions that satisfy all parties.

MODULE 06

Acquiring Health & Wealth Through EI



The ultimate return on emotional intelligence

How is Emotional Intelligence directly correlated with a person's Good Health and Wealth?

EI & Physical Health

- Lower cortisol and stress hormones
- Stronger immune function
- Better sleep and recovery
- Reduced chronic disease risk

EI & Mental Health

- Greater psychological resilience
- Lower rates of anxiety and depression
- Faster recovery from setbacks
- Deeper sense of purpose

EI & Wealth Creation

- Quantum Brains
- Changing Beliefs
- Living in theta waves
- Sound financial decision-making

Requirements in the Training Room

Please ensure the following are arranged before the workshop begins:



Laptop and LCD/LED for Presentations



Audio Facility with Collar Microphone



Writing Pad and Pen for each Participant



Photocopies of the Workbook for each Participant



Classroom Seating Arrangement in the Training Hall

Workshop Schedule — Day One

DAY 01

Session I

10:00 am – 01:00 pm

- EI Pre-Assessment
- Understanding Emotional Intelligence
- Emotional Self-Control
- Practical Exercise

Lunch Break

01:00 pm – 02:00 pm

Networking and Refreshments

Session II

02:00 pm – 04:30 pm

- Emotional Self-Regulation
- Practical Exercise
- Filling the Workbook

Evening Tea

04:30 pm

Day One Concludes

Workshop Schedule — Day Two

DAY 02

Session I

10:00 am – 01:00 pm

- Self-Motivation
- Managing Relations
- Practical Exercise

Lunch Break

01:00 pm – 02:00 pm

Networking and Refreshments

Session II

02:00 pm – 04:30 pm

- Acquiring Health & Wealth Through EI
- Practical Exercise
- Filling the Workbook

Evening Tea

04:30 pm

Day Two Concludes

Fee Structure

₹ 20,000
per day

Additional logistical expenses, if any, will be charged at actuals.

Professional Honorarium

₹ 20,000 per day of lecture engagement.

Logistics at Actuals

Travel, accommodation, and local transport will be charged at actual cost separately.

THANK YOU

Life Is Beautiful — Make It Extraordinary

Contact

+91-7408424211
sanjay.saxena.lms@gmail.com