



"When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion."
- Dale Carnegie

EMOTIONAL INTELLIGENCE FOR LEADERSHIP AND SUCCESS

By:
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Session Description:

Emotional Intelligence/ Growth Mind set have become a prime factor of human development across the globe now-a-days. Our ability to deal effectively with our emotions in the workplace is critical to our success and especially in leadership. As the pace of the world increases and our environment makes more and more demands on our cognitive, emotional, and physical resources, EI is increasingly becoming critical as a skill set. Emotional Intelligence strategies can create an effective learning, working environment and students with high emotional intelligence can become better students, leaders, teachers and professionals who can be more centered in life curbing disruptive behavior, enhance performance and become more self-regulated.

Participants attending the session will have a chance to reflect on their own attitude and motivation towards their professional lives, explore tools, techniques, and skills to perform their role as a conscious citizen.

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Aim of the Session:

Participants will increase their knowledge of emotional intelligence (EQ) to improve their interpersonal and intrapersonal skills, adaptability, stress management and general mood to not only help them lead others but also lead themselves.

What will participants learn?

1. Understand the importance of using emotional intelligence in work and life settings
2. Create an environment for productive work relationships.
3. explore your responses to difficult and challenging situations.
4. Self-motivate while tempering negative responses.
5. Demonstrate leadership qualities that promote trust, motivation, and commitment to results.

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BIO of Rehnuma Karim:

Dr. Rehnuma Karim joined State University of New York as an Assistant Professor after she completed her Ph.D. from the school of Health and Human Performance at Penn State University. She holds a B.Sc. in Economics from North South University in Bangladesh and a Master from Wageningen University, Netherlands. After her graduation--she worked at UNICEF Bangladesh and spearheaded the planning and implementation of UNICEF Bangladesh's first National Youth Forum. During her Tenure at the University, she has been responsible for developing students' performance measurement tools across courses and working towards building effective learning environment for the students of the university. At present, apart from a faculty at the College of Brockport, SUNY, she is also the **Founder and President of a New York based Non-Profit "Heroes for All Inc "** a children and youth focused organization that aims to enhance the leadership potential of the youth force through mentorship, active programming and civic engagement. She is also passionately promoting the necessity of leadership, Emotional Intelligence, positive mindset for success in different platforms both in New York and in Bangladesh.

She organized and moderated cross-cultural Leadership dialogue between Bangladeshi National Television and State University of New York Campus bringing top leaders of both countries including the Mayor of Brockport focusing on the need to build conscious leadership in workplace.

She also enjoys educating people on Emotional Intelligence, Mindset, Stress Management and Habit development. She trained employees of United State Embassy in Bangladesh, Malaysian Embassy in Bangladesh and regularly holds knowledge sessions with EMK center. She is an active contributor to Rochester Leadership Digest and committee member of the Global Leadership Summit in New York. Besides being a regular contributor at ICE Business writing articles on Emotional Intelligence at Workplace and decision-making process, she is at present a Consulting Editor at the Colors Magazine.

She Co-Hosts a Leadership Podcast "**Limitless Leadership Lounge**" with Coach Jim Johnson who is an author, coach and leadership trainer. Her story of leadership was also featured at NY best Seller author Bill Treasurers' new book "Time to Lead".

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Unlock your dreams



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