

EMOTIONAL INTELLIGENCE FOR LIFE MANAGEMENT (MODULE 1)

EQ 優質人生 (粵語)



Emotional intelligence allows you to understand and manage your emotions in order to self-motivate and to create positive social interactions; it's the first step in realizing your true potential. The value and benefits of EQ are vast in terms of personal, academic, and professional success. Come join us on this amazing self discovery journey!

在我們成長過程中,當遇上一些不能處理的事情,內心便會產生情緒。如果沒有經過自我察覺、深入探索、情緒清理,都會影響到我們現在的生活,看不清楚真相,做成人與人之間的磨擦。完成課程後,回到生活上可提昇自我察覺,減少人際關係間的緊張與情緒。當EQ提昇,便能有智慧處理人生問題,讓生活愈來愈快樂。

1. 提昇自我察覺 (Develop our self-awareness)
2. 用對的方法去愛,培養出愛的心靈 (Love tank is an essential part of personal development)
3. 培養正面的感覺,自我激勵 (Self-motivation is key. You won't be successful without it)
4. 運用正面思考的力量,清理內心世界的負面能量 (Positive thinking generates positive feelings and attract positive experiences)
5. 運用同理心的力量進入別人內心世界,提升瞭解別人的能力 (Empathy will go a long way in human relations)

DATE: JAN 18, 2021 (MONDAY NIGHT) 7:00 PM - 9:00 PM
FEE: \$280 + GST = \$294 (10 SESSIONS)
EARLY BIRD: \$260 + GST = \$273 (REGISTER AND PAY BEFORE DEC 28, 2020)

Registration

Name: _____ Phone Number: _____

Email: _____ Registration Date: _____

Payment method (please check one box below):

- E-transfer to **wiseeq@gmail.com** Mail cheque to WISE EQ Center

Please submit your registration form via email to wiseeq@gmail.com or WhatsApp to (604) 618-8771.