



Centre for Organization Development
Consulting • Training • Research

EMOTIONAL INTELLIGENCE AT WORKPLACE

**Understand Emotions. Build Relationships.
Lead with Empathy and Impact.**



SEP 21-25, 2026

Venue: COD-Hyderabad



Professional Fees:
Residential: Rs.40,000/-
Non-Residential: Rs.35,000/-



OBJECTIVES

- To enable participants appreciate the practical applications of Emotional Intelligence (EI)
- To equip participants reflect on and develop their EI at workplace
- To enhance participants EI through coaching



TRAINING MODULES

- Emotional Intelligence: Perspective Building
- Measuring Emotional Intelligence
- Managing Emotions
- Managing dysfunctional emotions
- Mindfulness to manage stress
- Coaching for Emotional Intelligence



TARGET PARTICIPANTS

This program is designed for middle and senior level executives of public sector, private sector and government organizations.



METHODOLOGY

All the sessions will be highly interactive in order to harness maximum learnings from everyone's experiences. Multiple methods will be used such as Lectures & Presentations, Case Studies, Video Clippings, Interactive Sessions, Outbound Activity, Psychometric Questionnaire, Role Plays, Group Discussions etc.

This program can also be customized to meet the specific needs of your organization, upon request.