

## EQ for Engineering Professionals

**Below are three challenges engineering professional face:**

1. You are good at troubleshooting complex technical problems however; you may not be so comfortable dealing directly with customers.
2. You are a newly promoted engineer supervisor/manager and is required to lead a team of engineers.
3. You need to work across various teams and wishes to learn skills to collaborate and influence others to achieve set objectives.

**Why learning the EQ for Engineering Professionals is important for you and your organization performance?**

EQ is a principled choice to *notice* ourselves, *manage* undesirable patterns and impulses by *acting intentionally* to manifest *desirable* outcomes. Engineering training teaches us to be analytical, logical and systematical in our approach in solving technical and mechanical issues. These are great skills to have in an engineering setting. However, to be successful in any organizations require engineering professionals to collaborate and communicate effectively with colleagues from other departments and even with customers. These interactions call for a very different set of competencies, mindsets and “softer” skill sets.

Engineering professionals with high level of EQ can influence and persuade. They develop self-awareness of their thoughts, feelings and actions. And can effectively manage their emotions and make meaningful decisions. Which means developing communication tactics, speech patterns, and body language that make them powerful, authentic communicator and influencer.

## What can you expect?

We use an “action learning” approach actively engaging participants in contextualized role-playing, games, individual reflection, case studies and team exercises. Throughout the workshop, participants receive real time coaching and feedback. Combining EQ Asia’s EQ Competencies Profiling report debrief\* and fun elements ensures participants are fully immersed and engaged in the program. We will show you how to apply EQ to enhance the way you work in a team and collaborate with other stake holders.

## The EQ for Engineering Professionals cover the following topics:

1. Overview of EQ Asia’s EQ competencies framework.
2. Developing self-awareness of thoughts, feeling and actions.
3. Managing emotions to aid decision making.
4. EQ profile debrief and coaching\*.
5. Applying EQ to improving communication skills.
6. Applying EQ to enhance collaboration with others.

## At the end of this two-day workshop, you will:

1. Understand what is EQ and why it matters in effective communication and collaboration.
2. Experience emotions through the *Colour Blind* activity.
3. Decode your EQ Competencies Profile\* report.
4. Apply your EQ Competencies Profile\* report data in communicating with team.
5. Learn and experience the Three Stages of Stress Reaction through an eating exercise.
6. Discover what trigger your actions via the *Trigger Point Template* exercise.
7. Learn the *Plus & Minus* technique to manage ones’ emotions in diffusing tensions in challenging communication situations.
8. Discover one psychological bias that distort the way we communication our messages.
9. Learn one powerful method to improve communication through the *Taxi Game*.
10. Learn and apply the *i-CEO* model to enable perspective shift to achieve effective communication.
11. Learn and practice one communication technique used by Professional Executive Coaches.

**Target audience:**

Engineering managers, Engineers, assistant engineers, technicians and administrative support staffs.

**Workshop size:**

14 to 20

\*Optional EQ Competencies Profile Assessment