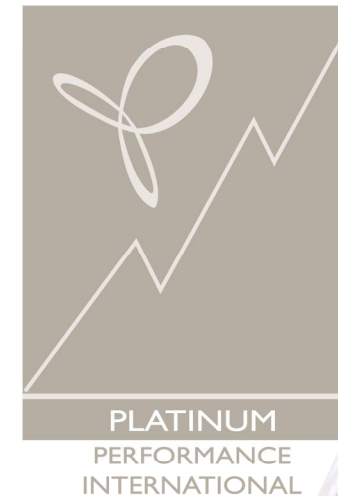




Emotional Intelligence:

Master Your Emotions – To Master Your Life

*EUMA Training Day Programme
Helsinki, Finland
17 April 2010*



EUMA Training Day 2010

Emotional Intelligence

A highly participative, interactive workshop that focuses on the proven process powerful people employ to dissolve negative emotions impeding maximum growth.

This compelling seminar is designed & directed by Angie Katselianos, President and CEO of Platinum Performance International.

Attendance certificates will be awarded.



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Emotional Intelligence

Attendees will benefit by:

- ✓ Identifying & dissolving core negative emotions.
- ✓ Regaining freedom and control of thoughts, feelings, time and priorities.
- ✓ Reducing 'brain noise' for greater mental clarity.
- ✓ Taking control of any meeting or situation.
- ✓ Overcoming energy consuming situations.
- ✓ Improving communication.
- ✓ Enhancing professionalism.
- ✓ Feeling empowered and being more productive.



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Emotional Intelligence

Learning Methodology:

- ⇒ Extensive group interaction, personal reflection, and testing.
- ⇒ Practice transformational techniques, skills and questions in a safe but challenging environment.
- ⇒ Pre-course preparation materials ensure you that you work on your toughest situations, thorniest conflicts and highest potential relationships.



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- ⇒ The program manual includes lists of questions, reinforcement of learning, special techniques for unique circumstances and a personal action plan.
- ⇒ During the workshop you can sit in the 'hot seat' and dissolve negative emotion or test 'closure' on the work you completed.
- ⇒ You will have the opportunity to practice intimately with small learning teams within the larger group.
- ⇒ You will have the opportunity to observe the 'hot seat' and learn from a safe distance



EUMA Training Day 2010


Emotional Intelligence

Morning



09:00	EuMA Chairman Welcomes Participants
09:15	"Master Your Emotions - To Master Your Life," Keynote + Q&A
10:15	The Basis & Beauty of Conflict
11:00	Coffee Break (30 min.)
11:30	Loosing Your Addiction to Success and Fear of Failure
11:45	Experiencing Emotional Transformation

Afternoon



1:00	Lunch (60 min.)
02:00	Personal Action Plans & Accountability
02:30	Debrief Sharing "A-HA" moments and Key Learning Points - Q&A
03:30	The Final Secret to Emotional Mastery
04:00	Evaluations and Close

