



How to Better Manage Emotions for Improved Productivity in the Workplace

(Training Programme No.: 10001277908)

A 2-day interactive training programme to help you understand the common negative emotions experienced in the workplace – and how you can manage them productively.



Oasis Counselling Centre

45-A, Jalan Merdeka, Taman Melaka Raya, 75000, Melaka

To register, contact: Daryl Tan @ 0142274785
Karen Chan @ 0135457491

****IN-HOUSE SESSIONS AVAILABLE****

Interactive program

- Innovate exercises & games
- Lectures & creative training styles
- Group discussion & feedback sessions
- Video clips & role play
- Individual & group discussions
- Hands-on practical sessions

Target Group

- Hospitality Team
- Human Resource Team
- Board Members
- Team Leads
- Managers
- All those interested in learning to better manage emotions

RM1200
pax

Program Modules

1. Determining "Positive" & "Negative" Emotions
2. Understanding Emotions & Productivity
3. Introducing Cognitive Behaviour Therapy (CBT)
4. Applying CBT to Better Manage Emotions
5. Developing Productive Leadership
6. Understanding Workplace Collaboration
7. Learning to Communicate Effectively
8. Practicing Mindfulness in the Workplace



Trainer

Daryl Tan
K.B.;P.A.

(Training ID: 10001101784)

Program Flow

Duration: 2 days

Day 1

Time	Activity	Duration (hr)
8.30 a.m.	Registration & Refreshments	
9.00 a.m.	Module 1 : Determining "Positive" & "Negative" Emotions	1.5
10.30 a.m.	Coffee Break	
10.45 a.m.	Module 2 : Understanding Emotions & Productivity	1.75
12.30 p.m.	Lunch	
1.30 p.m.	Module 3 : Introducing Cognitive Behaviour Therapy (CBT)	1.5
3.00 p.m.	Tea Break	
3.15 p.m.	Module 4 : Applying CBT to Better Manage Emotions	1.75
5.00 p.m.	Q & A and Wrap Up	0.5
5.30 p.m.	End	
Total Hours (hr)		7

Day 2

Time	Activity	Duration (hr)
8.30 a.m.	Registration & Refreshments	
9.00 a.m.	Module 5 : Developing Productive Leadership	1.5
10.30 a.m.	Coffee Break	
10.45 a.m.	Module 6 : Understanding Workplace Collaboration	1.75
12.30 p.m.	Lunch	
1.30 p.m.	Module 7 : Learning to Communicate Effectively	1.5
3.00 p.m.	Tea Break	
3.15 p.m.	Module 8 : Practicing Mindfulness in the Workplace	1.75
5.00 p.m.	Q & A and Wrap Up	0.5
5.30 p.m.	End	
Total Hours (hr)		7

Sign up for our programme today!

To register, contact Daryl Tan @ 0142274785 or Karen Chan @ 0135457491.



About the Trainer

Profession:

- Registered and licensed counsellor (K.B.: 09693 ; P.A.: 09319)
- Managing Director and Lead Counsellor at Oasis Counselling Centre
- HRD Certified Trainer (Training ID: 10001101784)
 - Focused primary on conducting interactive training seminars focused on improving emotion management to increase overall productivity in the workplace



Daryl Tan

Qualification:

- Bachelors Degree in Mechanical Engineering (USM)
- Master of Counselling (OUM)
- Pursuing a PHD in Psychology focused on studying the effectiveness of Cognitive Behaviour Therapy (CBT)

Experience:

Several years of experience working with young people through profession of being the coordinator of a department focused on forming young quality leaders through organizing seminars and workshops, one to one coaching and developing long term engagement strategies and has experience in lecturing university students through current teaching position.