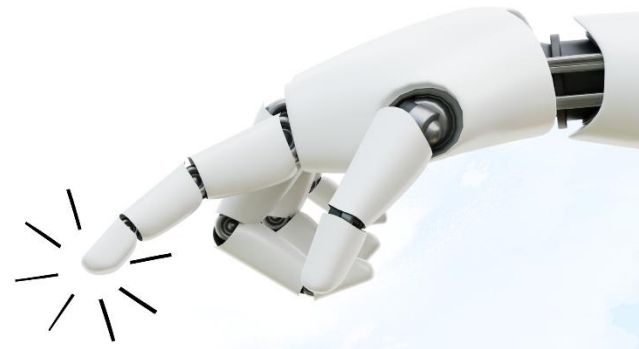




Learning & Development



AI Empowered EI

Many people struggle to enhance their Emotional Intelligence (EI) because of challenges in:

- 🧠 Self-Awareness
- 🔧 Emotional Regulation
- 🤝 Empathy & Social Skills

The AI-Empowered EI program combines Vocal Biomarker AI and Big Data with practical EI training to help you:

✓ Understand your emotional patterns

✓ Develop emotional balance

✓ Build stronger relationships personal & professional



KELVIN CHENG
(NFNLP, TLT, FHA)

 Duration: 3 Days

 Location: In House Training

 **Certificate Provided**

 **HRDF Claimable**

REGISTER NOW



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AI-Empowered EI

INTRODUCTION

The "AI-empowered EI" program tackles three major challenges in improving emotional intelligence: Self-Awareness, Emotional Regulation, and Empathy and Social Skills. These areas often hinder personal and professional growth due to difficulties in understanding and managing one's emotions, and effectively relating to others. This program uniquely utilizes vocal biomarker AI and Big Data technology to provide personalized insights into participants' emotional patterns and tendencies. This advanced approach aids in tailoring the learning experience, ensuring a more effective and targeted development in emotional intelligence without overpromising outcomes.

Key Learning Outcomes

Upon completion of this workshop, participants should be able to:

1. **Demonstrate Insightful Self-Awareness:** Recognize and understand their own emotional patterns to foster greater self-awareness and personal growth.
2. **Apply Regulated Emotional Responses** – Effectively manage and regulate their emotions to maintain emotional balance in various situations.
3. **Exhibit Enhanced Empathy and Social Skills** – Improve empathetic understanding and strengthen social interactions in both personal and professional contexts.
4. **Leverage Data-Informed Interpersonal Dynamics** – Utilize insights from personalized emotional health reports to better understand and navigate complex social dynamics.

Workshop Methodology

Our "AI-empowered EI" program integrates cutting-edge vocal biomarker AI and Big Data technology with traditional emotional intelligence training methodologies. This combination ensures a personalized and impactful learning experience:

1. **Personalized AI Assessments:** Utilization of vocal biomarker technology for personalized emotional health report, enhancing self-awareness.
2. **Interactive Learning Sessions:** Involving role-plays, group discussions, and exercises tailored to individual emotional profiles.
3. **Practical Application:** Real-world scenarios and simulations to apply EI skills, informed by AI insights.
4. **Reflective Practices:** Guided reflection sessions and integrate insights from personalized emotional health report into personal and professional contexts.

Program Outline

Module 1: Insightful Analysis & Growth Pathways

1. Insight Collection and Analysis
2. Insightful Debriefing
3. Goal Setting Activity

Module 2: Core EI Skills Development

1. Introduction and Self-Awareness
2. Emotional Regulation
3. Building Resilience
4. Empathy and Social Awareness

Module 3: Effective Communication and Real-World Application

1. Effective Communication
2. Applying EI In Real-World Scenarios
3. Putting It All Together