



### Management Training Workshop Series

## Developing Emotional Intelligence

(3.5 CPD Units)

#### Introduction

In today's fast pace and competitive world, people are constantly working under stressful situations. Heavy workload, sudden changes, demanding customers, difficult team members, and etc, are amongst the common factors that can trigger emotional outbreaks. In light of that, ACCA Hong Kong will be partnering with HMI Consulting Limited to organise a training workshop which aims to equip participants with simple techniques for managing own emotions and pursuing happiness in life. Whether you are looking to gain a professional edge on this topic or need to improve in particular areas such as stress management, self talk practice, self motivation, this highly practical and interactive course will definitely take your know-how to the next level.

#### Workshop Outline:

##### Module 1: Understanding Your Emotions

- Assessing Self EQ
- The Five Dimensions of EQ
- Increasing Your Emotional Intelligence
- Understanding How Stressors Affecting Our Emotions
- Examples of Positive Emotions

##### Module 2: Developing Emotional Intelligence

- Correlation among Stressors, Mindset, Emotion, Behaviors & Results
- Building Positive Mindset and Sense of Responsibility
- Dealing with Your Own Fear, Stress & Frustrations
- Practicing Positive Self Talk in Stressful & Emotional Situations
- Identifying Your Self-motivation Factors
- Understanding Your Aspirations and Self Values
- Defining Your Values, Visions & Goals
- Transforming Goals into Tangible Action Plan
- Understanding the Urgency in Life

#### Lecturer: Mr. Wilson Chu, Principal Consultant

Mr. Wilson Chu is currently the Principal Consultant of HMI Consulting Limited, the Consulting Associate of the Hong Kong Baptist University and also the Chairman of Judge Panel for its Master Degree Project in Strategic Human Resources Management. He was the Consulting Associate of Poon Kam Kai Institute of Management of The University of Hong Kong, the Visiting Lecturer of SPEED of Polytechnic University on Bachelor of Arts (Honors) in Human Resource Management, the Survey Manager (in Compensation & Benefits) at Watson Wyatt Hong Kong Limited and a senior consultant of Hong Kong Productivity Council. Wilson has extensive consulting and training experience in Balanced Scorecard Implementation, Performance Appraisal System, Leadership Development and Coaching Skills, Compensation & Benefits Design, Business Process Improvement, etc.

#### About HMI Consulting Limited

HMI Consulting is a leading HR consulting firm specializing in Performance Management, Compensation & Benefits Design, Talent Development & Business Process Improvement. With the primary focus in Hong Kong, PRC and Taiwan, our experienced consultants have worked across a wide range of industries covering Manufacturing & Industrial, Retail, Trading, Transportation & Logistics, Finance and Insurance.

#### Workshop Details

**Date:** 14 June 2014

##### Time:

09.00 Registration  
 09.15 Workshop begins  
 12.30 Q&A session  
 12.45 End

##### Venue:

Room 301, 3/F, First Commercial Building,  
 33-35 Leighton Road, Causeway Bay, HK

##### Fee (HK\$)

ACCA Member: 460

*An attendance certificate will be issued to participants upon completing this workshop*

##### Language:

Cantonese with English materials

##### Lecturer:

##### How to Apply

##### Online Registration:

<http://www.hmi.hk/register.php?eventid=0>

**For enquiries**, please call (852) 3627 3673 or email [info@hmi.hk](mailto:info@hmi.hk)

#### Important Note

ACCA members may be required to present their membership card for on-site registration and for validation of membership status