

Success and Peak Performance at Work with EQ

An engaging 2-day workshop where you will discover how to develop your emotional intelligence to increase your personal and interpersonal effectiveness in your personal lives and at work.

Learn how to sail through your deepest challenges and grab back the controls of your life to make you even more magnetically attractive to people around you.



Program Synopsis

You will experience breakthrough discoveries in science and psychology that will help you eliminate the anxiety, frustration, self-doubt and fear that are destroying your chances of experiencing happiness and fulfilment in different aspects of your life, personal or work.



If you're ready to finally say goodbye to your emotional challenges like insecurity, fear, and anxiety that are holding you back from true success, this will be the most important program you will ever attend. We will show you how to practice small daily steps that will build new patterns in your life and help you break away from destructive patterns.

Learn to increase your skills in dealing with people and transform yourself into the powerful, confident, attractive person that every man, woman and company is desperately looking for.

Learn methods that help you connect so easily with others, communicate effectively and establish powerful relationships at work.

Target Audience

Anyone looking into breakthrough results in their lives and at work.

Program Objectives

- Understand your EQ Profile based on the 6 Seconds Model and understand what drives and challenges you (each participant will be profiled).
- Be more conscious of your own emotions and how they are projected as well as be sensitized to the projections of others.
- Recognise your unconscious habits so as to take action on these auto-pilot patterns.
- Participants will understand and value their own latent resources and how they can use them optimally to bust beliefs and install positive states.
- Learn practical tips and techniques that would enable you to have better control of your impulses and exercise self-control.
- Use tools that will assist you to dissipate toxic emotions in minutes and at the same time alter beliefs that have hampered your progress.
- Be aware of one's present values, attitude and behaviour and its consequent impact on others.
- Practice empathic listening and communication strategies and how it impacts when communicating with anyone in all circumstances.
- Differentiate between positive reinforcement and negative reinforcement and how this affects your relationship with others.
- Appreciate the value of optimism, how to practice it and make it a feature of your daily interaction with others.
- Develop the attitude of gratitude which results in peace and joy.
- Appreciate the importance of living and working with purpose and how this mission drives you to be relational and win the hearts and minds of people around you.
- Learn the 90-second principle and how this can change your life dramatically.
- Learn techniques that can dredge up past events unknown to you and remove them using your own latent resources.

Workshop Bonuses Include

- Detailed Personality Profile.
- Newly released book by Dr Granville D'Souza titled EQ From The Inside Out: Breakthrough Tools & Ideas For Living A Fulfilling Life.



What People Are Saying About 6 Seconds

"Thanks for the course and I really enjoyed the two days. I found your overall program very good (as well as your presentations) and it provides a lot of useful input to improve my overall EQ."

Patrick Hefti
Head of Securities & Client Operations
LGT Bank (Singapore) Ltd

"I am glad that I attended the workshop as it was very insightful, especially the 'tapping technique'. Before this, I was not aware of this 're-boot yourself' technique. I enjoyed myself at the workshop as it was not a case of a monologue but it was engaging and involved a lot of participation from the attendees."

Leong Siew Wai
Head of Compliance, Legal & Compliance Dept
LGT Bank (Singapore) Ltd

"I like the course because the trainer is very knowledgeable and he is open for all questions. He gives good answer(s) too."

Lynn Siah
PA to Deputy President (Academic)
Singapore Institute of Technology

"An outstanding workshop! It has taught me to manage or regulate myself more effectively and deepen my self-awareness. During the workshop, the content discussions, activities and self-understanding check had challenged my thinking about emotional intelligence and its relevance. Importantly, this workshop helps me to pick up the skill of building tolerance and flexibility of matters. I would recommend this workshop to all who want to build their emotional intelligence, develop their skill of EQ awareness and learn to increase their capacity to acknowledge and appreciate themselves and people around. I sincerely appreciated your experiences shared during the workshop. I believe most of us had shared the same experiences before but are unaware of how our emotional intelligence had led us to deal with situations or consequences. I look forward to attending more courses you may conduct. THANK YOU!!"

Fion Leow
Legal Executive
Legal, Singapore Institute of Technology

"Thank you for making the course a very, very enjoyable one. I definitely laughed a lot in this one ;) Gran, last but not least, thank you soooooooooo much for all that you've shared, your knowledge, your experiences, your thoughts."

Karen Au
Dean's Office, National University of Singapore

"I truly enjoyed every minute of your seminar. The contents of your seminar is realistic and very applicable in work as well as in my personal life. It has definitely raised my self awareness and helps me to live each day happier and safer. I have benefited from it greatly and will not hesitate to recommend it to my colleagues and friends."

Annets Cheong
Head, Human Resources, HSH-Nordbank

"I've found your workshop very engaging and practical. I enjoyed your energizing games and the various group discussions that could enable participants to share experiences and views. I've also picked up more skills and techniques to control my emotions better and be more patient in listening."

Christina Kuek
Head of Human Resources, LGT Bank (Singapore) Ltd

About The Presenter: Dr Granville D'Souza



Granville is the Managing Director of 6 Seconds SEA Pte Ltd which he set up in 2003. Prior to that, in 1999, he started Peak Performers Consulting Group which presently specialises in Neuro Linguistic Programming (NLP) and various processes in therapy.

He is responsible for bringing 6 Seconds to Asia with a strong commitment to enabling others to cause positive change in themselves and others. Armed with knowledge and strategies to stir ideas into action through EI in 2000, he embarked on his mission to bring it down to Singapore and operate from here. He is presently planning for expansion around ASEAN.

Granville has been helping organisations to approach their strengths and weaknesses through coaching and facilitative workshops that delve into team and individual behaviour. He uses various mechanisms like DISC, Harrison Innerview, Enneagram, MBTI and Baron's EQ-i to help participants understand innate behaviours and their personality traits. In addition, he actively uses EFT (Emotional Freedom Technique) to surface issues and help people cope with past incidents and challenges. His present programs are geared towards personal change and peak performance and include areas of Team Development, Communication & Behavioural Awareness, Emotional Intelligence, Coaching & Supervisory Leadership.

His programs have benefited a range of clients from MNCs, government agencies, local & regional corporations. These include Tan Tock Seng Hospital, Chartered Semiconductors, ASM Technologies, Minolta, Lucent Technologies, Hewlett Packard, Compaq, Nokia, Parkway Medical, Ngee Ann Polytechnic, AIA, Carl Zeiss, DHL International, Seagate, DBS Bank Singapore, MI, Motorola, UOB, HSBC, Shell, SIA, among others.

Certifications with which Granville is accredited include:

- Certified 6 Seconds Level 1, 2 and Advanced EQ Facilitator.
- Certified in the 6 Seconds SEI Profiling Instrument.
- Certified to administer DISC, Hermann Brain Dominance Instrument and Reuven Baron's EQi Profiling Instrument.
- Certified to administer and coach using Harrison Innerview.
- Certified to administer and coach using Enneagram.
- Accredited in MBTI.
- NLP Trainer with American Board of NLP.
- EFT (Emotional Freedom Technique) Practitioner.

Granville has a Bachelor of Arts, an MBA, and a Doctorate in Business Administration from the University of South Australia.

Workshop Details

Workshop includes Lunch and Tea Breaks.

Workshop Bonus: Detailed Personality Profile.

Special Bonus: "EQ From The Inside Out: Breakthrough Tools And Ideas For Living A Fulfilling Life" by Dr Granville D'Souza.

Enquiries & Registration

Contact us for latest dates, pricing and early bird special deals.

Phone: (+65) 6474 1637 or (+65) 9732 1384.

Web: www.6seconds-sea.com Email: info@6seconds-sea.com

Registration Form: Success and Peak Performance at Work with EQ

Name	Position	
Name	Position	
Name	Position	
Company		
Address		
Phone	Fax	Email
Cheque For (\$\$) enclosed.	Date	

Make Cheques Payable To: "6 Seconds SEA Pte Ltd".
33A West Coast Park, #03-39 Botannia. Singapore 127727.

To Register: Fax this form to (+65) 6474 1647.