

Control Your Emotions

managing understanding strategy intellect control feeling perceiving creativity wisdom think intellect perceiving solution think intellect perceiving solution think intellect perceiving intellect per



FEES for UCSI Student/Alumni/Staff: RM30 FEES for External Participants: RM60 6% GST included

BENEFITS OF THIS COURSE

Success is strongly influenced by personal qualities such as perseverance, self-control and skill in getting along with others.

Technology has its way of disrupting face-to-face interaction. There is a need for co-workers to understand each other to achieve a project together.

These are the one of the many people skills that employers are looking in their employees. Develop efficient people skills to achieve more in your future workplace.

Course Dates

Jan	Feb	Mac	Apr	May	unſ	Jul	Aug	Sep	0ct	Nov	Dec
					17						

Objectives

- 1. To understand your strengths and weaknesses through proven psychological test.
- 2. To manage emotions effectively to be self-aware to regulate ones feelings.
- 3. To develop people skills and learn how to implement it in a work place.

Course Structure

1 module

3 hours only

Class Size

Minimum15-20 participants for course to be conducted.

Benefits

Certificate of completion will be given upon 100% attendance of this course



REGISTRATION ccp.ucsiuniversity.edu.my