

# Emotional Management & Regulation Workshop

Harnessing the power of Emotional Intelligence

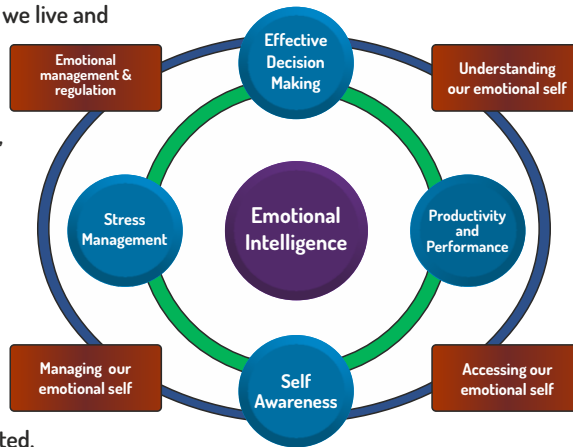


JASRIN SINGH  
EXECUTIVE & LIFE COACH

## Emotions drive people, People drive performance

These are stressful times for the best of us. COVID-19 has radically changed the way we live and work. The overall experience and the uncertainty that came with it, has been overwhelming and continues to pose challenges every day. Many are stressed, sad, angry, in despair or apathetic.

The result is an overall reduction in employee morale and emotional well-being. This constant state of sub conscious stress has led to a negative impact on performance and productivity. Most people I have worked with refer to a state of feeling flat, disconnected, and unmotivated.



The good news is, that despite the uncertainty in our outer circumstances, it is possible to gain greater control of our emotional selves through a special technique curated by Jasrin Singh.

Emotional self-regulation and management is a process designed for us to become aware of our emotional state, and deal with it constructively, so it no longer fogs our productivity and performance.

## WORKSHOP EXPERIENCE AND EXPECTATIONS

An eye-opening program where executives learn simple yet profound techniques to regulate emotions, release stress, and reach states of well-being never accessed before. Results are instantaneous, and individuals will feel lighter, more motivated, and driven towards performance.

### UNDERSTANDING OUR EMOTIONAL SELF

- What are emotions? Where do they live?
- Why is it important to deal with our emotions?
- How do our emotional states impact productivity, creativity decision making and rational thinking abilities?

### ACCESSING OUR EMOTIONAL SELF

- The usual /conditioned way of dealing with emotions and why that is detrimental for us
- Learning to name our emotions
- Letting go of resistance in our emotional self

### MANAGING OUR EMOTIONAL SELF

- Validating and loving our emotional self
- Connecting deeply in a compassionate manner
- Strategies to process and release negative emotions

## WORKSHOP INFORMATION

**Workshop length:**  
3.5 Hour (9 a.m. – 12.30 p.m.)  
**Number of Participants:**  
10-12 recommended  
**Location:** Zoom or on site

## FACILITATOR AND COACH

**Jasrin Singh**, has 1000+ Hours of Coaching Experience, PCC (ICF) and provides coaching, consulting and facilitation services, to manage organizational cultures, and develop authentic and inspiring leaders. She specializes in harnessing compassionate power in executives by helping them connect with their authentic selves. Her leadership development curriculum uses an approach that combines three important aspects of a human personality - values, strengths and emotional intelligence.

Jasrin has an MBA from INSEAD, and more than 20 years of business experience.

## CONTACT DETAILS

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*Emotions are the language of our soul*