



Mastering the Corporate Landscape with Emotional Intelligence and NLP

18 & 19 SEPT 2025 | 9 am – 5 pm

MALAYSIA HR FORUM ACADEMY
LEVEL 12, LOT 12A, MENARA PKNS PETALING JAYA,
JALAN YONG SHOOK LIN, 46050 PETALING JAYA

RM 2,600



100% HRDC Claimable

MODULE OVERVIEW

In today's fast-paced and high-stakes corporate environment, managers and leaders are expected to navigate pressure, drive performance, and inspire teams, all while managing their own emotional landscape.

Mastering the Corporate Landscape with Emotional Intelligence and NLP is a high-impact one-day programme designed to equip managers and above with practical tools to enhance self-awareness, emotional regulation, and communication effectiveness. Grounded in the latest research on Emotional Intelligence and the powerful principles of Neuro-Linguistic Programming (NLP), this programme helps leaders understand how emotions influence decisions, behaviour, and team dynamics.

Participants will explore how to shift internal narratives, respond to challenges with agility, and lead conversations with clarity and empathy. Through interactive activities, reflection, and group coaching, leaders will walk away with actionable strategies to build stronger relationships, reduce emotional friction in the workplace, and create a high-performing, emotionally intelligent team culture.

TARGETED PARTICIPANTS

- Managers and Senior Leaders

LEARNING OBJECTIVES:

By the end of this programme, participants will be able to:

- Understand how emotions influence leadership, decision-making, and team dynamics.
- Apply NLP reframing tools to shift emotional perspectives and coach team members.
- Use emotional agility to manage conflict and lead emotionally intelligent conversations.



TRAINING METHODOLOGIES USED THROUGHOUT THE DAY:

- Interactive lectures with real corporate examples
- Group coaching & NLP partner work
- Post-it sorting and reflective journaling
- Role-plays and mini demos
- Reframing and emotion coaching prompts
- Structured debriefs and emotional insight sharing

MODULE 1: THE SCIENCE BEHIND EMOTIONS

Content & Activities:

- Mini Lecture: "Why Emotions Drive Decisions More Than Logic"
- Origins of EQ
- The Cost of Unprocessed Emotions

Tools & Activities:

- Emotional Awareness Quiz
- Post-It Sorting Game

MODULE 2: REFRAMING EXPERIENCES TO PREVENT EMOTIONAL OVERLOAD

Content & Activities:

- The Glass Hold Experiment
- Emotional Narrative Discussion: *"Why do some issues 'hurt' more than they should?"*
- Mini NLP Hack: *"What else could this mean?"*

Tools & Activities:

- Emotional Awareness Quiz
- Post-It Sorting Game

MODULE 3: EMOTIONAL AGILITY IN COMMUNICATION & CONFLICT

Content & Activities:

- PAC Model (Transactional Analysis): *Understanding your Parent, Adult, Child communication states.*
- Recognising Your Default State Under Stress
- Role-Play Scenarios
- Conversational Intelligence Principles

Tools & Activities:

- State Mapping
- Role-Plays (in triads)
- Emotion Reset Practice: *Emotionally Agile Response Technique*