



Emotional Intelligence for Academic Success

1st to 5th July 2024

A Residential Workshop Certified by MIT ADT University

Emotional intelligence (EI) is vital for academic and career success, impacting various life domains. Proficiency in handling emotions enhances efficiency, relationships, confidence, and motivation. Recent studies highlight EI's significance over IQ. Unlike IQ, EI is malleable, allowing improvement at any stage of life. Mastering EI empowers individuals to navigate life's challenges effectively and achieve holistic success.

Highlights:

- Defining Emotional Intelligence and its importance.
- Key attributes: Self-Awareness, Self-regulation, Motivation, Empathy, Social skills.
- Understanding Emotions' effects on health, relationships, decision making, communication, confidence.
- Techniques for managing emotions: Handling difficult emotions, Emotional First Aid, Stress management, Empathy, Compassion, Forgiveness.

Convener:

Asst. Prof. Vibha Deshpande

Contact: +91 880 666 6836 (Whats App Inquiries Only)

Location for the workshop:

- MIT Institute of Design, MIT ADT University, Loni Kalbhor, Pune



THE ROLE OF EMOTIONS IN THINKING



Fees : Rs. 10,000

(for MIT ADT University Students 25% concession)

Eligibility : 18 years and above

Include stay and food

Emotional Intelligence for Academic Success

A 5 Days Residential Workshop

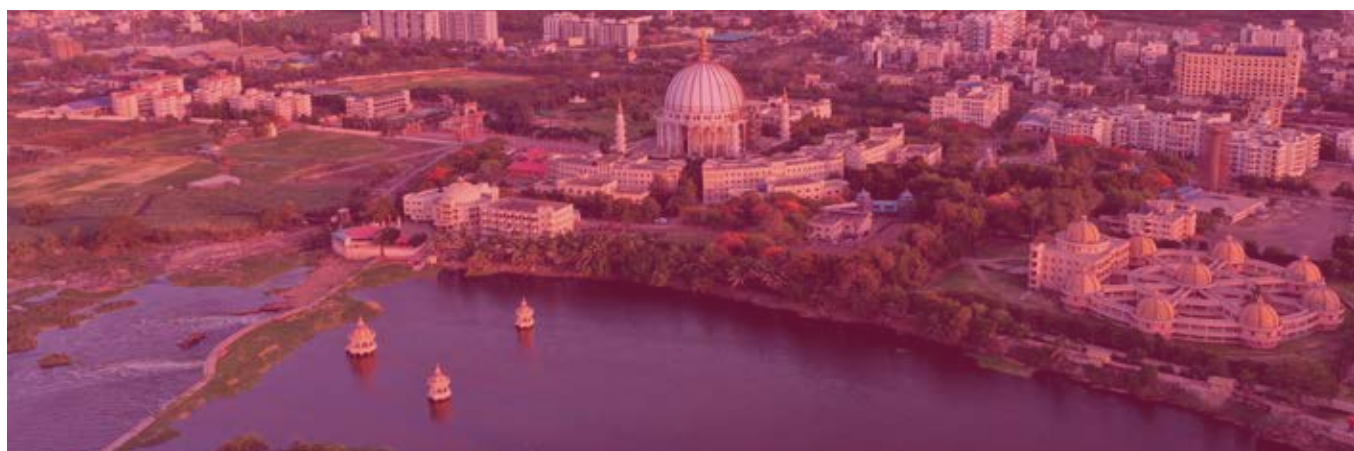
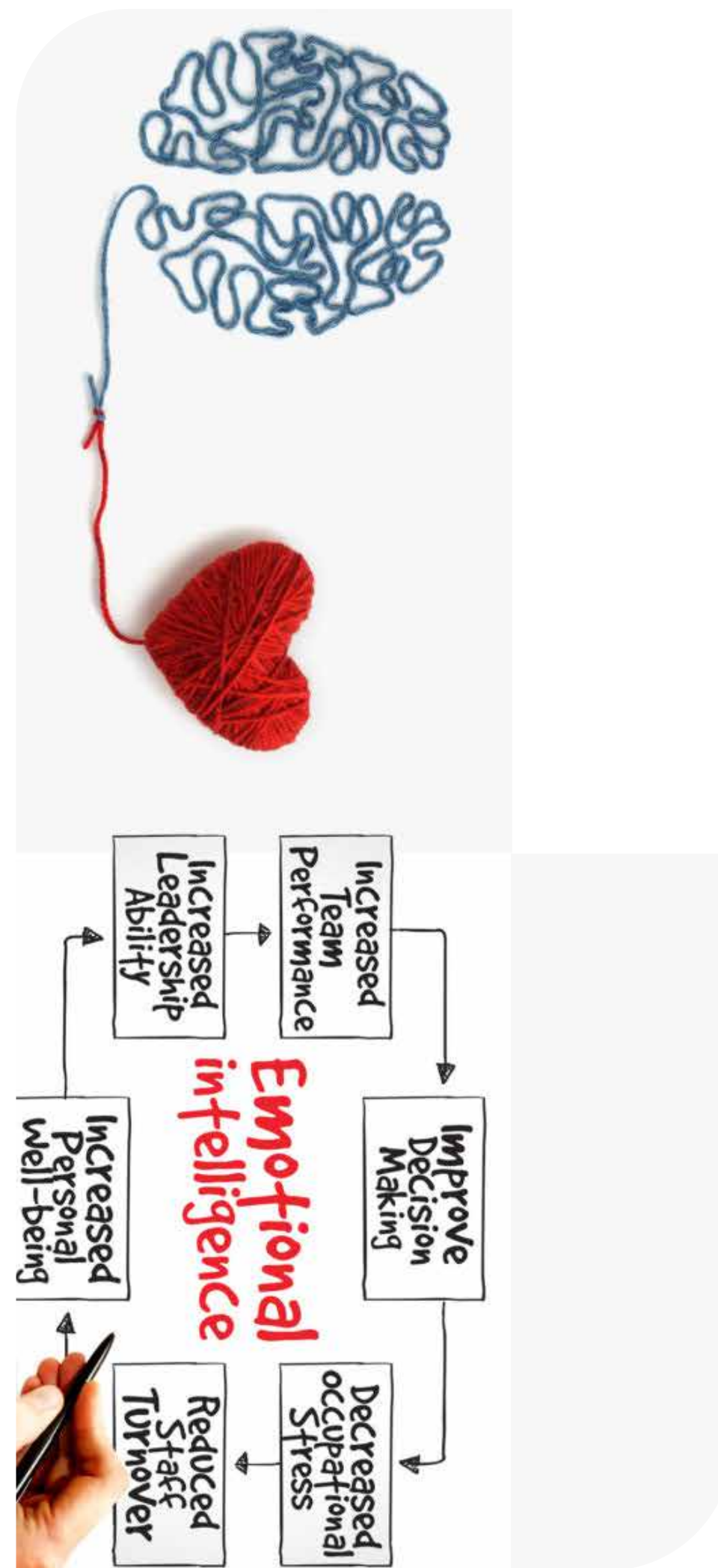


workshop by

Vibha Deshpande

Vibha Deshpande, armed with a Master's in Psychotherapy and Counseling, possesses an exceptional grasp of Applied Psychology. Founding Tailwinds Psychological Services, she ardently champions emotional well-being, impacting over 500 individuals globally during the COVID-19 pandemic. Her influence extends across borders, nurturing resilience and fostering personal growth in the U.K., Norway, Singapore, Afghanistan, and Germany. Notable achievements include active involvement in the UN Women's Design Challenge and presenting pioneering research papers at prestigious national and international conferences.

For 14 years, Vibha has been integral to the MIT Institute of Design, fervently supporting higher education. Her unwavering dedication is evident in her passionate engagement with students and educators, leaving an indelible mark on the educational landscape. As a visionary leader in Applied Psychology, Vibha Deshpande continues to shape the future, inspiring hope and positivity in all encounters.



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