

Developing Emotional Intelligence & Resilience For HR Leaders To Thrive In Tough Times



VIRTUAL TRAINING

27 October 9.00am-4.00pm (SGT)



LEARN HOW TO

- Improve the way you respond to challenges and setbacks
- Become aware of how your thoughts and feelings affect your results
- Empower yourself to step up as the HR leader and make a bigger impact in your organisation
- Maximize your focus and performance especially under pressure
- Increase your ability to influence and lead others with care and compassion

ABOUT YOUR COURSE TRAINER

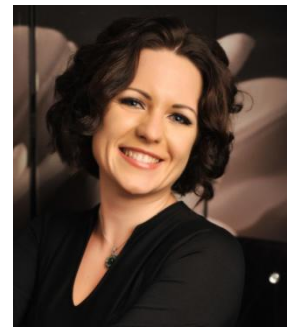
Karolina Gwinner

Virtual facilitator, corporate trainer and executive coach

Karolina is a high-energy and performance-driven leadership and communication expert. She empowers leaders, executives and C-suite to thrive in tough times by becoming more intentional, mindful and resilient. As a result, they can unleash the best in themselves and their teams and make a bigger IMPACT.

Since 2016 Karolina has been collaborating with the Women in Leadership Conference in APAC and her workshops have proven to be extremely popular with leaders at all levels. In 2018, Karolina co-authored the book titled "Breakthrough: Secrets Of Growth, Happiness And Bouncebacks From Women Around The World" that aims at helping others discover what truly matters to them and find courage to act on it.

In 2019 Karolina was nominated as the Knowledge Partner of Women Leaders Institute. She is also a Speaker Training Lead for KeyNote Women Speakers and a member of Asia Professional Speakers Association APSS.



PAST TESTIMONIALS OF THE COURSE TRAINER

"I attended a workshop that Karolina ran and found her very personable and energising. Her enthusiasm definitely empowered me to take action and turn my fears into 'FIRE'. She gave us some useful take-away tips that I found very easy to implement. I would definitely attend another of Karolina's sessions and recommend her as an inspiring, engaging and patient trainer with the passion to help and support people to perform better." – Human Resources Director, Willis Towers Watson

"Karolina is an eloquent speaker who captivates her audience with her up-lifting speeches. She is also a careful planner and always comes well-prepared for her role. She understands the needs of the audience and can always motivate them with her speaking skills. With her strong facilitation skills she can influence her audience to think and act positively. I would never hesitate to engage Karolina if there is any opportunity to do so." – Human Resources Business Partner, Rockwell Automation

"I attended a short presentation by Karolina Gwinner in early March. She is such an influential speaker, full of energy, always engaging and connected with her audience. At the end of the workshop I feel so transformed and learned that there are ways to set yourself free." – Head of Business Administration, Arisaig Partners

"I admire Karolina for her leadership and coaching abilities. She coached me for my keynote speech and I can't thank her enough for her dedication to help me structure and execute my speech in the best possible way. What makes working with Karolina so great is that she inspires me and always put your grow and success first as she values that most. She is a great mentor. I will always be grateful to her for her support." – Global Head of Partnerships, Wogi

"Recently I've attended a workshop facilitated by Karolina. She gave a great energy and knowledge boost during her training! The session was a balanced composition of well presented theory and experience sharing which made a training very practical, easy to follow and unique. I recommend Karolina's programmes to everyone who would like to explore and improve their leadership skills." – Accounting Analyst, Total

"I attended one of Karolina's training sessions and left feeling really inspired by her talk and presentation. Karolina has a lot of energy and enthusiasm which makes her presentations very engaging and thought-provoking. I very much enjoyed learning from her and hearing about her life experiences!" – Lecturer, Lycee Francais De Singapour

WHY YOU SHOULD ATTEND

The world as we know it has changed. The current reality is so different from what we are used to. It's been unsettling, challenging and hard to predict, as no one knows what the ultimate impact of this pandemic will be, or how long it will affect our lives.

Does it mean we should put our life on hold and wait for better times? Or is there something we as leaders can do to thrive in this new challenging reality?

Interestingly, when you observe the best leaders, you will realise that they perceive tough times as an opportunity to step up and put their leadership skills to test. By focusing on what they can change and taking action on their ideas, they become wiser, embrace change faster, and shape the new reality for themselves and everyone around them. Sounds compelling?

This virtual programme is here to get you started on this path. It will provide you with practical tools and strategies to sharpen your ability to thrive and lead others in times of challenge and uncertainty. It will help you reduce stress, increase your focus and energy levels. Ultimately, you will feel empowered to take value-driven action and to inspire others to follow you in shaping the future of your organisation.

COMPANIES THAT HAVE BENEFITED FROM TRAINER'S EXPERTISE

- Adobe
- Agilent Technologies
- Columbia Threadneedle Investments
- DB Schenker
- DBS
- Fuji Xerox
- Honeywell
- Mastercard
- Mazars
- MSD
- Nets
- PGIM
- PWC
- Roche
- Shell
- Yokogawa

WHO SHOULD ATTEND

- Senior HR Leaders
- HR Directors and Functional Heads
- HR Business Partners
- Business Leaders
- People Managers
- All other professionals who wish to know how to utilise HR analytics for business decision making

COURSE OUTLINE

TIME	AGENDA
9.00am	<p>Becoming more self-aware and mindful</p> <p>You will learn about:</p> <ul style="list-style-type: none">• How our brain gets hijacked by high-intensity emotions• Stories we keep telling ourselves versus the reality• Differences between reacting and responding <p>TEACHING MATERIALS</p> <ul style="list-style-type: none">• Self-assessment to identify how effectively you regulate your emotions• Activity to recognise your triggers so that you can respond like a leader you strive to be• Cheat sheet on how to calm down your emotional brain so that you can think before acting <p><i>15 minutes break included</i></p>
10.30am	<p>Unleashing your potential to thrive in tough times</p> <p>You will learn about:</p> <ul style="list-style-type: none">• Turning chaos into clarity so that you can move in the right direction• Liberating yourself from following your inner critic• Strategies to empower yourself before empowering others <p>TEACHING MATERIALS</p> <ul style="list-style-type: none">• 7 powerful questions to uncover what matters to you at work and beyond• Tips on how to invest your energy and attention wisely• Guide to energising and empowering yourself and others
12.00pm	<p>Lunch break</p>
1.00pm	<p>Turning challenges into opportunities with resilience</p> <p>You will learn about:</p> <ul style="list-style-type: none">• Developing an ability to manage stress and stay calm in a storm• 3 steps to building your capacity for resilience and thriving on challenge• Common thinking traps and how to avoid them <p>TEACHING MATERIALS</p> <ul style="list-style-type: none">• Activity to identify how effectively you cope with challenges and setbacks• Guide to building habits that strengthen your resilience• Stress management tips and techniques <p><i>15 minutes break included</i></p>

2.30pm

Improving social awareness and relationship management

You will learn about:

- Recognising and understanding how others are feeling and what's important to them
- Mindful presence as a key to earning trust and building relationships
- Leading with care and compassion

TEACHING MATERIALS

- Activity to discover the power of presence
- Checklist to identify six common obstacles to emphatic communication
- Personal action planning to becoming a leader and person you strive to be

4.00pm

End of training

REGISTER NOW

Developing Emotional Intelligence & Resilience For HR Leaders To Thrive In Tough Times

Format	Virtual training
Dates	27 October 2020, 9.00am – 4.00pm
Price Per Person	<p>Early Bird: USD 399 (on or before 30 September)</p> <p>Regular Price: USD 499 (after 30 September)</p>
Contact Person for Registration and Group Discounts	<p>Adrian Ray Project Manager Tel: +65 6423 0329 Email: adrianr@humanresourcesonline.net</p>
Amendment / Cancellation Policy	<ol style="list-style-type: none">1. All bookings are final.2. Should you be unable to attend, a substitute delegate is welcome at no extra charge.3. HR Masterclass Series cannot provide any refunds for cancellations.4. HR Masterclass Series reserves the rights to alter the programme without notice, including the substitution, amendment or cancellation of trainers and/or topics.5. HR Masterclass Series is not responsible for any loss or damage as a result of a substitution, alteration, postponement or cancellation of the event.

ABOUT HR MASTERCLASS SERIES

As the training division of *Human Resources*, HR Masterclass Series takes a proactive role in organising a regional series of public and in-house training courses across Asia. Together with our conferences and awards shows, these courses form part of a complete suite of events specifically tailored for senior HR professionals.

Courses are conducted in a personalised and interactive workshop setting with practical case studies and exercises from our expert trainer. Delegates will take away global best practices, fresh ideas and customised solutions for implementation back in their organisations.

HR Masterclass Series is committed to being a trusted learning partner of HR practitioners throughout Asia.

Past HR Masterclass Series Delegates were from

- ABB
- AEON Credit Service
- AirAsia
- Alliance Bank Malaysia
- Allianz Insurance
- AstraZeneca
- ASTRO Malaysia
- Bank Negara Malaysia
- Bumi Armada
- Canon
- CapitaLand
- Carrier International
- DHL
- DSO National Laboratories Singapore
- Ericsson
- FMC
- Fuji Xerox
- Fujitsu Asia
- Gamuda
- Gucci
- Hilton Hotels & Resorts
- Hong Kong Jockey Club
- International SOS
- Kantar Health
- Malaysia Airlines
- Malaysia Airports Holdings
- MasterCard
- Maxis Mobile
- McCann Erickson
- MediaCorp Singapore
- National Australia Bank
- NetApp
- NCS
- PETRONAS
- Prudential
- S P Setia
- Sands China
- Schneider Electric
- Sime Darby
- Singapore National Eye Centre
- Singapore Press Holdings
- SMCP Hong Kong
- SME Bank Malaysia
- StarHub
- Suntec Singapore
- Telekom Malaysia
- Tenaga Nasional Berhad
- The Walt Disney Company
- Tune Hotels
- United Overseas Bank (UOB)
- VADS Berhad
- Volvo
- WorleyParsons
- Yale-NUS College
- Yokogawa Engineering
- Zurich Insurance