



CHARLES MANN
SOLUTIONS



Emotional Intelligence Infused Mindfulness

Two Combined Superpowers for
Emotional Balance Resulting in
Increased Productivity

2-Day Training Course

Charles Mann Solutions Sdn Bhd (825915-W)
10 Jalan USJ 3/1e, UEP Subang Jaya, Selangor 47600, Malaysia
Tel: +60 10 425 0886 | Email: info@charlesmann.com.my
www.charlesmann.com.my



Course Outline

Angela (Paloma) Eimer's 2-day program stands out as a premier HRDC claimable Mindfulness Course in Selangor due to its unique integration of Mindfulness with Emotional Intelligence, tailored specifically for the corporate environment.

This distinguished course not only enhances workplace productivity and mental clarity but also fosters a culture of resilience and empowered decision-making, making it a cutting-edge investment in human capital.

A Journey of Dual Empowerment:

In the bustling canvas of life, the art of maintaining emotional stability while enhancing productivity is non-negotiable. This meticulously crafted program is not just a training session but a journey that seamlessly intertwines Emotional Intelligence (EI) with the ancient practice of Mindfulness. This synergy of EI and Mindfulness is the gateway to achieving a harmonious balance between the participants emotions and actions, leading to an enriching life and a thriving career.

Mindfulness: The Art of Present Living:

Mindfulness is their second superpower, teaching them to live in the present moment consciously and purposefully. It is not just a practice but a way of life that helps them embrace each moment with greater acceptance, patience, and gratitude. When infused with Emotional Intelligence, Mindfulness becomes a beacon guiding them through the fog of stress, anxiety, and emotional turmoil towards a lighthouse of calm, focus, and balanced productivity.

Combined Synergy: Emotional Balance & Increased Productivity:

The alchemy of Emotional Intelligence and Mindfulness doesn't just stop at personal wellbeing. When these two superpowers are synergized, they unlock unprecedented levels of productivity and efficiency in everyone's professional sphere. Through various interactive modules, hands-on activities, and reflective sessions, this program will equip them with the tools to navigate through the complexities of emotions and challenges of work with grace and confidence.

This two day training course and workshop, starting at 9.00am until 5.00pm each day, will teach what to do in order to create a crisis management plan that is social media compliant and effective when so exposed via online platforms and channels. It will also provide an understanding of how customers and citizens use social media to vent opinions and give feedback, as well as how organisations can respond in crisis situations, including areas such as correcting negative brand perceptions as well as removing abuse and spam content on social media platforms.

Course Benefits

Following this training course, you will be able to:

- Master and apply the foundational principles of mindfulness and emotional intelligence.
- Tactically navigate through challenging relationship situations with a mindful and balanced perspective.
- Diminish personal levels of stress and anxiety.
- Craft and pursue personal goals.
- Execute practical applications of Mindfulness and Emotional Intelligence in daily routines.

Industries & Uses

- Employees and teams from all companies with Multi-Cultural Work Environments.



Course Programme

- Introduction and Ice-Breaker
- Exploring Mindfulness
- Practical Application of Mindfulness
- Understanding Emotional Intelligence
- Linking Mindfulness and Emotional Intelligence
- Active Mindful Listening
- Role-Playing EI Scenarios
- Mindfulness in Daily Life
- Emotional Intelligence in Relationships
- Multicultural Mindfulness
- The Art of Feedback
- Mindfulness at the Workplace
- Cultural Nuances in Emotional Intelligence
- Walking Meditation
- Brief Deviation on S.M.A.R.T. (E.R.) Goals/Goal Setting
- Setting Personal Goals/Creating a HABIT & ROUTINE System for Continuous (Consistent) Application



Instructor



ANGELA EIMER

Angela (Paloma) is a dedicated coach and trainer with a background in holistic approaches to health, wellness, and personal development. Originally hailing from Germany and residing in Malaysia for over 25 years, she has successfully trained professionals across diverse fields, from Event Management to Architectural Lighting Design, Oil & Gas, and Education.

As a certified Integrative Nutrition Health Coach, a Wellness Habit Strategy Coach, and an NLP Master, Angela (Paloma) brings a holistic perspective to empower individuals, groups, and corporate teams. Her multicultural background as a German national living in Malaysia

has given her a unique perspective that allows her to connect with clients from different backgrounds and ensure their success.

Having grown up as a Third Culture Kid in Pakistan, India & Bangladesh, and spent a decade living, studying, and working in France, Angela (Paloma) embraced diverse cultures and values, which has profoundly influenced her approach to training. She firmly believes in the transformative power of strategic habits, mindfulness, emotional intelligence, and cultural diversity integration. These principles underpin her mission to nurture joyful relationships, life balance including work, and overall well-being.

Angela (Paloma) has coached clients towards creating their own transformative strategies, witnessing the positive ripple effect they bring to their communities, both immediate and on a larger scale. Motivated by her passion for making a broader impact, she has decided to expand her role to include corporate training alongside her existing and well established coaching services. This shift allows her to share her expertise and empower even more lives and organizations to thrive she is dedicated to helping individuals and teams unlock their full potential, fostering lasting positive change, one step at a time.

Registration Form



EMOTIONAL INTELLIGENCE INFUSED MINDFULNESS

Two Combined Superpowers for Emotional Balance Resulting in Increased Productivity

COURSE FEES: RM1,950.00 per delegate



Charles Mann is an approved training provider and registered with Pembangunan Sumber Manusia Berhad (PSMB). All our courses are claimable through the HRDF scheme. Please contact us for details.

DATE:	
COMPANY / ORGANISATION:	
FULL ADDRESS:	
AUTHORISED BY / JOB TITLE:	
CONTACT NUMBER:	
EMAIL ADDRESS:	
WEBSITE:	

- SELECT DATE:**
- | | | |
|--|--|--|
| <input type="checkbox"/> 8th to 9th Jan 2024 | <input type="checkbox"/> 6th to 7th May 2024 | <input type="checkbox"/> 2nd to 3rd Sep 2024 |
| <input type="checkbox"/> 5th to 6th Feb 2024 | <input type="checkbox"/> 3rd to 4th Jun 2024 | <input type="checkbox"/> 7th to 8th Oct 2024 |
| <input type="checkbox"/> 4th to 5th Mar 2024 | <input type="checkbox"/> 1st to 2nd Jul 2024 | <input type="checkbox"/> 4th to 5th Nov 2024 |
| <input type="checkbox"/> 1st to 2nd Apr 2024 | <input type="checkbox"/> 5th to 6th Aug 2024 | <input type="checkbox"/> 2nd to 3rd Dec 2024 |

	FULL NAME	JOB TITLE	EMAIL
ATTENDEE 1:			
ATTENDEE 2:			
ATTENDEE 3:			

If registering 3 or more attendees, please contact us for bulk discounts or to arrange in-house training. Course dates can be found on our website along with venues. Dates and/or venues can change due to unforeseen circumstances. For Early Bird rates, full payment must be made one week prior to course date.

Please print and email this form to: info@charlesmann.com.my or call us on **010 425 0886**
Alternatively, please post to: 10 Jalan USJ 3/1e, UEP Subang Jaya, Selangor 47600

Payment can be made direct into our CIMB account:
CIMB Bank, Account No. 8002037568
Charles Mann Solutions Sdn Bhd