



CHARLES MANN
SOLUTIONS

EMOTIONAL INTELLIGENCE

Two Combined Superpowers for
Emotional Balance Resulting in
Increased Productivity

Two Day Training Course



Charles Mann Solutions Sdn Bhd (825915-W)
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Course Outline

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



KAMRAN KHAN

Kamran is a British leadership mentor with a proven track record in guiding teams, professionals and organisations toward growth and operational excellence. His professional journey began as the founder of an engineering consultancy, where he led multidisciplinary teams across complex infrastructure, military and government-level assignments. This foundation informs his pragmatic approach to stakeholder alignment, planning discipline, and long-range thinking.

With deep expertise in strategic management, professional development, and mentoring frameworks, Kamran has designed and delivered impactful advisory services for university students and industry professionals alike. His coaching style blends emotional intelligence with sharp operational insight, empowering others to lead with clarity, connection and confidence.

Kamran now focuses on helping businesses evolve through people-centric strategies, scalable outsourcing models, and structured mentoring systems that foster resilience, communication, and purpose-driven leadership, sharing the skills he has attained throughout his professional career.

Registration Form



EMOTIONAL INTELLIGENCE INFUSED MINDFULNESS

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COURSE FEES: RM1,900.00 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:

☐ 6th to 7th Jan 2025	☐ 5th to 6th May 2025	☐ 8th to 9th Sep 2025
☐ 3rd to 4th Feb 2025	☐ 16th to 17th Jun 2025	☐ 6th to 7th Oct 2025
☐ 3rd to 4th Mar 2025	☐ 7th to 8th Jul 2025	☐ 3rd to 4th Nov 2025
☐ 7th to 8th Apr 2025	☐ 4th to 5th Aug 2025	☐ 1st to 2nd Dec 2025

	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:
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