

Getting Un-Stuck in Conversations: Navigating the Hearts and Minds Through Social Intelligence and Emotional Regulation

Synopsis:

Effective communication is crucial in today's fast-paced world. This session will explore the connection between social intelligence and emotional regulation, providing practical tools to navigate challenging conversations with confidence and clarity.

Learners Outcomes:

- develop self-awareness and empathy;
- learn emotional regulation strategies; and
- foster positive interactions that lead to resolution and mutual collaborative relationships

Course Details:

Facilitator: Dr Jessica Leong

Date: 28 May 2025 (Wednesday)

Time: 6pm - 8.30pm

Venue: ECTA, 1 Kay Siang Road, #08-01, Singapore 248922

Mode of Delivery: In-person or Online via Zoom

Facilitator's Credentials:

PhD in Counselling Psychology (Australia)

MA in Counselling (United Kingdom)

MSc in T.A. Psychotherapy (United Kingdom)

Full Member, Singapore Psychological Society (MSPS)

Academic Director, Flinders University ECTA Programmes (Singapore)

For further information,
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Fees (inclusive of GST):

S\$200 – Public

S\$150 – ECTA Alumni Members
and currently Enrolled Students

Discount

S\$100 (with GST) discounted
course fee for currently enrolled
ECTA students who register in
groups of 3 or more

REGISTER HERE!



<https://rsufsyf0.paperform.co>

Target Audience:

EVERYONE & EVERYWHERE - Open to all individuals
interested in enhancing their conversational and emotional
intelligence skills

Executive Counselling &
Training Academy