

# Top EQ Secrets For Teens

An engaging 2-day workshop developed from integrative research in Emotional Intelligence and designed for youths aged 14 – 18 to equip them with skills to manage their emotions, make responsible decisions, increase optimism and empathy, as well as establish and maintain positive relationships.

Few workshops have the potential to make a significant difference in how a child behaves in school and at home. This program can. Your child will be exposed to a series of games, discussions and activities that are designed to allow them to grow from within.

## Learning Objectives

- Learn the hidden messages behind your emotions and how to make better decisions.
- Be more conscious of your own emotions and how they are projected as well as be sensitized to the projection of others.
- Learn how to identify and improve your ability to “read” people’s emotions.
- Understand your mind-body connection.
- Recognize your negative unconscious patterns and start creating new empowering auto-pilot patterns.
- Be aware of your personal values, attitudes, behaviours and its consequent impact on others.
- Understand how the brain works and how emotions can hijack your logical brain.
- Learn practical tips and techniques that would enable you to have better control of your impulses and exercise self-control.
- Appreciate the value of optimism, how to practice it and make it a feature of your daily interaction with others.
- Develop the attitude of gratitude which results in peace and joy.
- Learn the Communication Framework and start applying it immediately in your life.
- Learn the skills of how to increase empathy so as to improve communication and foster positive relationships.



## Program Outline

### DAY 1

- Understand how emotions work.
- Know the link between Emotional Intelligence and our body.
- Learn how to read emotions and their secret messages.
- Know your resourceful patterns and how to change them.
- Understand how emotions can hijack the logical mind and apply tools to control and minimise such occurrences.

### DAY 2

- Develop Optimism and Gratitude.
- Know what Values are, their importance, and how they affect decisions.
- Learn and apply the Communication Framework.
- Increase Empathy to foster positive relationships.

## Workshop Details

Date: 25 & 26 June 2013 (9am – 5.30pm).  
Venue: Kent Ridge Guild House, Singapore.

#### For Single Participant

- Regular Fee: SGD588 per person.
- Early Bird Fee: SGD488 per person (register & pay by 9 June).

#### For Two or more Participants

- Regular Fee: SGD488 per person.
- Early Bird Fee: SGD438 per person (register & pay by 9 June).

Includes Workshop Materials, Lunch and 2 Tea Breaks.  
Workshop Bonus 1: Detailed SEI Youth Profile.  
Workshop Bonus 2: 1-on-1 Coaching to each Youth for 30 mins using SEI-YV.  
Workshop Bonus 3: 30 mins feedback to parents on their child, based on SEI-YV and observations at the workshop.  
Follow-up EQ Support System: Invitation for quarterly 3 hours EQ Parenting Workshop.

#### Enquiries & Registration

Phone: (+65) 6474 1637 or (+65) 9732 1384.  
Web: [www.eqasia.com](http://www.eqasia.com) Email: [info@eqasia.com](mailto:info@eqasia.com)

## About The Facilitator



Adrian Toh (Senior Consultant) has been helping individuals move to a more empowering space in their lives through counselling and coaching for the past six years. He is the holder of several certificates like Master Practitioner NLP, 6 Seconds

Emotional Intelligence Practitioner and DISC Personality Profiling Practitioner. These certifications have invariably helped him to become an effective trainer and counsellor, allowing him to identify issues and challenges faced and subsequently help them move towards their goals. Furthermore, his training as a certified Hypnotherapist allows him to resolve deep rooted incidents from the past that were the chains that had held them from achieving their goals.

Adrian's prior experience was working in the military where he was heavily involved in aiding in-service personnel with their challenges. Some of his past experiences in the Army were: Battalion Commander of a Maintenance Battalion, leading a total of 400 soldiers, Head of a HR department which oversees the career development of around 2500 regulars. He was an active para-counsellor as well as a member of the SAF Para-counsellor Advisory Committee, touching the lives of those in need. Adrian is also a volunteer coach in Adam Khoo Learning Technology Group's "Pattern of Excellence" Program.

Adrian's purpose of being "a positive force in the world" has been his pillar to guide him to continually seek new skills and technologies that allow him to quicken the change process.

Certifications with which Adrian is accredited include:

- Certified 6 Seconds Emotional Intelligence Facilitator.
- Certified in the 6 Seconds SEI Profiling Instrument.
- Certified Master NLP Practitioner with American Board of NLP.
- Certified 5 Path and 7th Path Hypnosis Instructor.
- Certified to administer DISC.

Adrian has a degree in Mechanical Engineering from Nanyang Technology University (NTU) of Singapore.

## Registration Form: Top EQ Secrets For Teens

Youth's Name \_\_\_\_\_

School \_\_\_\_\_

Gender \_\_\_\_\_

Age \_\_\_\_\_

Parent's / Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Cheque For (\$) \_\_\_\_\_ enclosed.

Date \_\_\_\_\_

Make Cheques Payable To: "CEQ Asia Pte Ltd".  
33A West Coast Park, #03-39 Botannia. Singapore 127727.

To Register: Print and fax this form to (+65) 6474 1647.