

# EQ Strategies: Confident. Aware. Connected.

FROM SELF-AWARENESS TO STRONGER CONNECTIONS.





# Connect Within. Lead With Clarity

This workshop is hands-on and activity-based, designed to practice emotional intelligence in real situations. Through self-assessments, role plays, and case studies, you will build awareness, manage reactions, and improve communication. By the end, you'll gain practical tools to strengthen relationships and perform better at work and in life.



# Who Should Attend

- Professionals and Executives who want to improve leadership, communication, and team dynamics.
- Managers and Team Leaders seeking to handle conflict better, motivate teams, and foster collaboration.
- Educators, Coaches, and Trainers looking to strengthen interpersonal skills and empathy.
- Individuals in High-Stress Roles (e.g., healthcare, customer service, HR, finance) who need tools for emotional regulation.
- Anyone seeking personal growth by improving self-awareness, relationships, and resilience.



# Learning Objectives

- Identify the components of emotional intelligence
- Learn EI techniques that improve resilience, stress management and connection
- Apply EI strategies in personal and professional contexts for meaningful relationship

# Learning Outcomes

By the end of this program, participants will be able to:

- Identify personal emotional triggers and master self-regulation techniques
- Enhance connection and expression for meaningful relationships with others
- Improve decision making and foster positive relationships in personal and professional contexts



# Training Sessions

## **Session 1: Uncovering Emotional Intelligence Components**

Introduction and discover the key elements of emotional intelligence and why they matter in everyday life.

## **Session 2: Self-Discovery and Awareness**

Learn to identify your emotions, triggers, and patterns to increase self-awareness.

## **Session 3: Self-Regulation and Stress Management**

Master techniques to manage emotions, reduce stress, and respond effectively under pressure.

## **Session 4: Motivation and Resilience**

Strengthen your inner drive, stay motivated, and bounce back from challenges with confidence.

## **Session 5: Expression and Emotional Release**

Communicate difficult emotions clearly, release tension safely, and express yourself constructively.

## **Session 6: Empathy and Active Listening**

Understand others' feelings, practice active listening, and respond with empathy.

## **Session 7: Social Skills and Relationship Management**

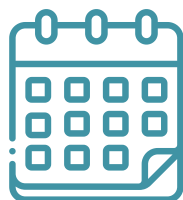
Build stronger connections, collaborate effectively, and maintain positive relationships.

## **Session 8: Conflict Management and Personal EQ Roadmap**

Learn to resolve conflicts and create a personal plan to continue developing your emotional intelligence.

# Program Information

## DATES



- November 25, 27, 2025
- December 2, 4, 2025
- January 13, 15, 20, 22, 2026

Duration: 24 hours (8 sessions)

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## TIMING | MODALITY | LOCATION



Timing: 5:30 - 8:30 pm

Modality: In-person

Location: The Professional Training Center,  
Campus of Innovation and Sports (CIS),  
USJ, Beirut.

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## REGISTRATION



Deadline: November 14, 2025

[Click Here to Register](#)

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## FEES

\$550

**EARLY BIRDS  
REGISTRATION BEFORE  
OCTOBER 25, 2025**

\$480

# Meet Your Trainer

## GIORGIO CHEMALY



Giorgio Chemaly is a certified executive and leadership coach with over a decade of experience across the MENA region. He helps individuals develop emotional intelligence, connect internally, express authentically, manage emotions, navigate uncertainty, and build meaningful relationships. His workshops use practical exercises and tools to create lasting transformation.

# Contact

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