

WORKSHOP ON BUILDING EMOTIONAL COMPETENCE 17th JANUARY 2019

Gitarattan International Business School (giBS) organised a Personality and skill Development Workshop on Building Emotional Competence on 17th January, 2019. The workshop was conducted by Ms. Anjali Dutta, Director, Train Me Academy.



The Lecture focused on Building emotional Competence skill which refers to how people deal with emotions. It is about how you recognize, understand, express and regulate your own emotions and respond to the emotion and interaction of others.

Ms. Anjali explained significance of Emotional Intelligence and how Emotional Competence has two major sides to it, one deals with intrapersonal and other deals with interpersonal. She discussed that Voice Modulation or tone played an important part in expressing emotions. To understand how it works, she conducted student's activity and explained how these skills and strategies can be learned with practice and empowers people for success whenever they are applied. Further the importance of communication skill and how perfect and precise communication, good behavior and positive attitude is of utmost importance on workplace.

The Workshop was highly interactive and informative.

Compiled by: Ms. Sonia Peter, Assistant Professor, GIBS