

2nd Run

EQ for Peak Performance

16—17 August 2018 // 9.00am—5.00pm // SISV Training Room

CPD Credit:

SISV, QS Division & AIQS = **16 CPD Hours**

Qualified for **12 PDUs** by PEB
SPM = **12 CPD Points**

Every QS Division Member
(Fellows, Members, Probationers and Technical Members) must complete at least **20 CPD hours** each year.

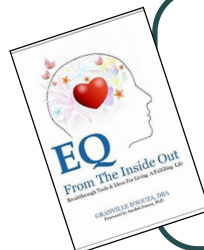
Target Audience:

Anyone in the Built Industry looking into breakthrough results in their lives and at work.

Certificate of Attendance will be awarded upon successful completion of the workshop.

An engaging 2-day workshop where you will discover how to develop your emotional intelligence to increase your personal and interpersonal effectiveness in your personal lives and at work.

- ★ Learn how to sail through your deepest challenges and grab back the controls of your life to make you even more magnetically attractive to people around you.
- ★ Learn to eliminate the anxiety, frustration, self-doubt and fear that are destroying your chances of experiencing happiness and fulfilment in different aspects of your life, personal or work.
- ★ Learn how to practice small daily steps that will build new patterns in your life and help you break away from destructive patterns.
- ★ Learn to increase your skills in dealing with people and transform yourself into the powerful, confident, attractive person that every man, woman and company is desperately looking for.
- ★ Learn methods that help you connect so easily with others, communicate effectively and establish powerful relationships at work.



Enjoy a Complimentary of Dr Granville D'Souza's book "EQ from the Inside Out: Breakthrough Tools & Ideas for Living A Fulfilling Life" worth \$23.00, while stock lasts.



Singapore Institute of
Surveyors and Valuers

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Objectives

- ★ Understand your EQ Competency Profile to determine what drives and challenges you.
- ★ Be more conscious of your own emotions and how they are projected as well as be sensitized to the projections of others.
- ★ Recognise your unconscious habits so as to take action on these auto-pilot patterns.
- ★ Participants will understand and value their own latent resources and how they can use them optimally to bust beliefs and install positive states.
- ★ Learn practical tips and techniques that would enable you to have better control of your impulses and exercise self-control.
- ★ Use tools that will assist you to dissipate toxic emotions in minutes and at the same time alter beliefs that have hampered your progress.
- ★ Be aware of one's present values, attitude and behaviour and its consequent impact on others.
- ★ Practice empathic listening and communication strategies and how it impacts when communicating with anyone in all circumstances.
- ★ Differentiate between positive reinforcement and negative reinforcement and how this affects your relationship with others.
- ★ 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.
- ★ Appreciate the importance of living and working with purpose and how this mission drives you to be relational and win the hearts and minds of people around you.
- ★ Learn the 90-second principle and how this can change your life dramatically.
- ★ Learn techniques that can dredge up past events unknown to you and remove them using your own latent resources.

Speaker:



Granville Ed D'Souza is the Principal Consultant of EQ Asia Pte Ltd and Peak Performers, a consulting and training practice specialising in organisational behaviour and performance. In addition, he does developmental coaching that deals with deeper emotional issues caused from past programming. These include trauma, loss of motivation, anger and mild depression, phobias and acute fear. His initiatives are frequently used to boost performance of staff at all levels and for teams to approach obstacles objectively with a view to enhancing performance.

Granville has for the last 19 years, been helping employees in organisations to approach their strengths and weaknesses through coaching and facilitative workshops that deal with team and individual behaviour. He has been actively promoting Emotional Intelligence practices as well as teaching such skills in organizations where he employs tools and therapies to help employees cope with emotional issues. He also uses various instruments like DISC, Harrison Innerview, Enneagram, MBTI, SEI and Baron's EQ-i in his coaching practice to help participants understand innate behaviours and those within their influence to take action. His present programs include Leadership, Performance Coaching, Energy Psychology, Emotional Intelligence, Personality and behaviour Profiling, Coaching With EFT (Emotional Freedom technique) and various strategies related to performance.

He has authored numerous articles for a variety of HR magazines, is the co-creator of the EQ Coach cards, written 2 books entitled *EQ From the Inside Out* and *Unshakeable Spirit* and will also be releasing his latest book on leadership entitled *EQ: The Secret of Inspiring Leaders*.

Granville has a Bachelor of Arts, an MBA and a Doctorate in Business Administration with the University Of South Australia where he researched on Emotional Intelligence.

REGISTRATION FORM

Closing date for registration: **10 August 2018**

EQ for Peak Performance

Date: 16—17 August 2018

Time: 9.00am to 5.00pm (Registration starts at 8.30am)

Venue: SISV Training Room, 110 Middle Road #09-00 Chiat Hong Building S(188968)

Fees/Category (includes GST, workshop notes, lunch and refreshments)

★ S\$802.50 SISV members & Staff of SISV Member Firms

★ S\$856.00 CIJC members (*ACES, IES, REDAS, SCAL, SIA, SIBL, SPM*) *AIQS, BoA, IQSI, PEB, PICQS, PUJA, RICS, SCL, SGBC*

★ S\$909.50 Non Members

Name of Participants

	Name	NRIC No	Category*	Membership no*	Email Address	Amt S\$
1						
2						
3						
4						
TOTAL AMOUNT PAYABLE S\$						

*Please state SISV/ MemFirm/ ACES/ IES/ REDAS/ SCAL/ SIA/ SIBL / SPM/ AIQS/ BoA/ IQSI/ PEB/ PICQS/ PUJA/ RICS / SCL/ SGBC/ or Non Member

Company

Address

.....S()

Tel Contact Person

Fax Email

I hereby consent to SISV and/or its Divisions collecting, using, disclosing and/or processing my personal data for purposes of its membership administration and its events marketing.

PAYMENT MODE (please tick one box only)

- Via ibanking/Bank transfer. Details as follows: **DBS current account no: 007 005007 0**. Please either include the invoice number or "QSEQ160818_your initials" when transferring and scan a copy of the transaction slip to qs.admin@sisv.org.sg
- By Cheque (Bank/Cheque No Amt S\$.....) Crossed cheque payable to "**Singapore Institute of Surveyors and Valuers**". Please indicate your name, company and date of seminar on the back of the cheque and mail to: **110 Middle Road, #09-00 Chiat Hong Building, Singapore 188968**
- Invoice company

Notes

Registration is on a first-come-first-served basis. Registration by fax or email will only be accepted upon receipt of payment. **Confirmation of registration will be given via email or fax. No cancellation is allowed once registration is confirmed.**

Fees paid are not refundable under any circumstances. This will also apply to participants who are unable to attend on that day. However, substitution can be made in writing at least 3 days before the seminar. In the case of a non-member substituting a member, the non-member will have to pay the fee difference.

SISV reserves the rights to change the programme or cancel the seminar as may be necessary. Every effort will be made to inform participants in the seminar of any cancellation and full refund will be made to participants.

For seminar enquiries and registrations, please contact:

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Receipt No

