

Teacher Training Workshop on: Building Emotional Intelligence and Optimism

OVERVIEW

Teachers don't just teach subjects, they teach people. To do this effectively, they need an understanding of student psychology, and also an awareness regarding their own emotional triggers. This training is based on the work of leading psychologists Martin Seligman and Eric Berne. It develops social and emotional intelligence skills using the Transactional Analysis framework, and builds optimism and resilience by teaching tools that challenge negative self-talk.

Participants will develop an understanding of how they interact with others, and identify ways of improving relationships in which they are currently feeling 'stuck'. They will de-code problematic behavioral patterns and learn strategies for creating healthier personal and professional relationships. The workshops will spend considerable time applying the theory to real challenges the participants are currently facing.



Program Dates

April 16, 23, 30 and May 7, 2016

Time: 9:00 am - 12:30 pm

Participants

Senior school teachers with 1+ years of experience, and those who are interested in the subject

Workshop Fees

PKR 20,000/- per participant.
Includes Course Material, IBA Workshop Certificate, Group Photo, Refreshments, and Business Networking

LEARNING OUTCOMES

- Develop better understanding of student psychology to unlock their academic potential
- Develop effective communication skills for dealing with students, parents and school administration
- Identify strategies for dealing with difficult students and unprofessional co-workers
- Unlock the power of Learned Optimism to overcome adversity and assist students in dealing with their failures

Skills Development Program

Adding Skills to Experience

TOPICS COVERED

- Different parts of our personality (ego states) and how each part behaves
- Positive and negative strokes
- Roles people adopt during conflicts - persecutor, rescuer, victim
- Dealing with difficult students, dealing with difficult colleagues
- Identifying your own optimistic and pessimistic tendencies
- ABCDE model for cultivating optimism when faced with adversity or failure in the classroom
- All concepts will be applied to real examples of challenges that the participants are encountering

For Registration

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TRAINER'S PROFILE

Sameen Shahid has completed her Bachelor's degree from McGill University in Canada, and her Masters from Harvard University in USA. She is currently completing her second year of training as a counselor. She has experience teaching junior and senior school students. Sameen was the Project Manager of the Zara Sochiye media campaign for education reforms. She is passionate about transforming the education sector and believes that this can most effectively be done by improving the capacity of teachers to engage with students.

