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PKR 12,000
Investment
per participant

BAHRIA UNIVERSITY – LEADERSHIP &
PROFESSIONAL DEVELOPMENT CENTER
& ASK DEVELOPMENT PRESENT

Emotional Intelligence

Live Online

Certification
By Bahria
University

Course Objective

This workshop aims to equip university students with essential Emotional Intelligence (EI) skills for their professional life. Participants will learn to recognize and manage their emotions in high-pressure situations such as interviews, presentations, and workplace challenges. They will develop empathy and active listening skills to build strong professional relationships. The course will provide practical tools for handling stress, setbacks, and difficult conversations in early career roles. By the end of the session, students will understand how EI directly impacts career growth, leadership presence, and long-term professional success.

Course Outline

- ✓ Define Emotional Intelligence (EI) and explain its role in personal and professional success.
- ✓ Identify emotional triggers and apply techniques for managing emotions in high-pressure situations.
- ✓ Demonstrate empathy and active listening skills for effective teamwork and networking.
- ✓ Manage stress, setbacks, and rejection with resilience in personal and professional settings.
- ✓ Apply EI-based strategies in interviews, workplace conversations, and leadership situations.

20%
OFF

Special Discount

for Bahria Alumni/Students/Faculty,
Armed Forces Personnel, & HEI's
Employees.

Organization Discount

3 or more participants

Early bird Discount

Register before 6th October

Avail any one opportunity at a time



Trainer Profile

Erum Rizvi, a London Metropolitan University Engineer, is an award-winning public speaker, corporate trainer, and communication coach with over 17 years of diverse experience across corporate and entrepreneurial sectors. She specializes in leadership development, emotional intelligence, and personal branding for professionals, youth, and university students. A national champion and Global 3rd Place Winner in Toastmasters International's Video Speech Contest, Erum has delivered impactful training and coaching sessions for clients across the military, corporate, government, and academic sectors.

Ms. Erum Rizvi

Award Winning Speaker,
Communication Trainer