London TDM

Soft Skills and Personal Development Training Courses

Course Venue: United Arab Emirates - Dubai

Course Date: From 19 April 2026 To 23 April 2026

Course Place: Downtown Dubai

Course Fees: 5,000 USD

Introduction

This professional course is designed to help individuals cultivate emotional control and self-discipline, essential skills for personal and professional success. Participants will engage in a series of interactive sessions that explore emotional intelligence, self-regulation techniques, and strategies to enhance focus and perseverance.

- Understand the components of emotional intelligence and its impact on self-discipline.
- Develop techniques for managing emotions effectively in various scenarios.
- Enhance self-awareness and self-regulation skills for improved personal and professional relationships.
- Identify barriers to self-discipline and develop strategies to overcome them.
- Create a personal action plan to maintain and strengthen emotional control and self-discipline.

Course Outlines

Day 1: Introduction to Emotional Intelligence

- Definition and importance of emotional intelligence.
- Components of emotional intelligence.
- Assess your emotional intelligence: Self-assessment tools.
- The role of emotional intelligence in self-discipline.
- Case studies: Successful individuals with high emotional intelligence.

Day 2: Understanding and Managing Emotions

- Identifying and labeling emotions accurately.
- Strategies for managing intense emotions.
- The neural basis of emotions and self-control.
- Emotional triggers and how to manage them.
- Practice: Techniques for calming & focusing mind.

Day 3: Building Self-Awareness and Self-Regulation

- The importance of self-awareness in emotional control.
- Tools and exercises to improve self-awareness.
- Techniques for self-regulation and maintaining composure.
- The impact of self-regulation on career and relationships.
- Mindfulness and its role in self-awareness.

Day 4: Overcoming Barriers to Self-Discipline

- Identifying personal barriers to self-discipline.
- Developing a mindset for discipline: Growth vs. fixed.
- Techniques for enhancing focus and motivation.
- Time management and its impact on self-discipline.
- Exercises: Setting and achieving SMART goals.

Day 5: Creating a Personal Action Plan

- Summarizing key learnings from the course.
- Developing a personal emotional control and discipline plan.
- Strategies for maintaining momentum post-course.
- Establishing accountability partnerships.
- Feedback and course closure.