

## CELM ASIA Free Webinar

# Emotional Resilience for COVID & Beyond

■ Date: Wed, 27 May 2020 @ SGT 11:00~12:15

*\*60-min webinar + 15-min Q&A*

■ Platform: Zoom

■ Size: 15 pax

■ Language: English

■ To Register:

Please email your name, company, and mobile to [seminar@celm-asia.com](mailto:seminar@celm-asia.com) (Attn: Ms. Hirai)

### Aim

2020 will forever be remembered as a year of turbulence and unprecedented challenges. In the blink of an eye, we have had no choice but to make drastic changes to our lifestyles, habits, and ways of thinking.

During such difficult times, an important skill to develop is **emotional resilience**, which refers to one's ability to adapt to stressful situations or crises.

Improving our emotional resilience can help us better manage our wellbeing and give us the strength and optimism to move forward.

### Topics

- ◇ **Emotions as signals and data**
- ◇ **Emotional regulation & management**
- ◇ **Developing emotional resilience**

In 60 minutes, discover the importance of emotional regulation and management in building resilience, which affects our decision making and overall wellbeing.

### Facilitator



#### Ms. Angeline Yong

FirstJoy Country Manager (Malaysia)

Angeline has more than 20 years of corporate experience in IT and talent development as a trainer, coach, consultant and facilitator. She is passionate about helping business leaders across Southeast Asia transform their behaviours and achieve maximum results.

#### Qualifications

Certified EQ Practitioner (Six Seconds USA); Certified Leadership Architect 101 (Korn Ferry); Certified Behavioural Consultant (DISC); Action Learning Coach (World Inst. of Action Learning); Certified Customer Service Professional (Singapore), Certified Trainer (Ministry of Human Resources Malaysia)

