

**Be My Own EI Expert**  
我是情商高手

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**Date :** 24 February 2023 (Friday)

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**Time :** 4:00pm – 6:00pm

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**This course will be delivered in Cantonese.**

[Course Outline:](#)

Our emotions impact our behaviour, and our behaviour impacts how we relate with other people. This workshop is designed based on the Genos® models of emotional intelligence to help learners recognize how their emotions affect their personal relationships in both work and life.

Upon completion of the workshop, learners will be able to:

- Identify the effects of positive and negative emotions
- Recognise the desirable behaviours in building relationships
- Distinguish the core emotional intelligence competence

[Speaker:](#)

**Ms. Angela Tang**

Angela Tang brings a wealth of HR experiences working with European, American and Japanese multi-nationals. Her latest in-house appointment was HR Director of a renowned US-based semiconductors company overseeing Asia Pacific region, where she gained reputation of building high-performance culture and delivering results. She worked intimately with the client departments, and has led the Asia Pacific employees through multiple Mergers & Acquisitions and Divestitures in such a diverse and volatile industry while maintaining low attrition and high momentum. She was identified the star performer of the company in consecutive years. Angela has designed and delivered training programmes to over a thousand staff force across Asia with particular significance in China and Taiwan. She carries a Master degree in General Business Administration from the University of Hull in London. She is a member of the British Psychological Society and a licensed administrator of psychometric testing.