

Enhancing Adversity Quotient and Emotion Management Skills

提升逆境智商與情緒管理技巧

- Enhancing Adversity Quotient

- 提升逆境智商

- Understanding Adversity Quotient
認知 AQ 逆境商數
- Analyzing 3 types of personality under Adversity Quotient
分析 AQ 逆境商數下三種類型的人
- Improving Adversity Quotient to increase problem solving skills
改進自我的 AQ 去面對逆境,提昇解決問題的能力
- Nurturing positive thinking for life
培養正面思維,建立樂觀積極的生活態度

- Enhancing Emotion Management Skills

- 提升情緒管理技巧

- Understanding Emotion management
認知情緒管理
- Advantages of emotion management
有效處理情緒的效益
- Relations between emotion management and work performance
情緒智商與工作表現的關係
- Measuring Emotional Quotient and 5 elements in improving Emotional Quotient
測量情緒智商及強化 EQ 的五大元素
- Improving Adversity Quotient to increase problem solving skills for oneself or for a team.
改進自我和團隊的 AQ 去面對逆境,提昇解決問題的能力