



## High EQ Communication with Empathy (Exploring with Virtual Reality)

### Target Audience

HR managers, Trainers, Coaches, Learning & Development professionals

### Program Objective

This program simulates real-life situations that require participants to stay calm and communicate effectively under time pressure. Empathy and great listening skills are essential to communicate efficiently, and master the technical tools to achieve the given missions. Each team has to utilize the strengths and potentials of every member to plan, execute, and manage crisis throughout the program.

### Program Content

By coaching each other to achieve the goals, participants will have a chance to give and receive feedback with empathy, which is essential not only in the workplace but also in their day-to-day activities. In addition, our programs bring out the importance of radical collaboration, sharing experiences, and high EQ communication for reconnecting people.



Welcome Message and Introductions	Activity	Objective
<b>Creative Team Communication and Radical Collaboration</b>	24 or Master Piece	<ul style="list-style-type: none"> <li>• Emphasize the importance to develop trust with each other in workspace</li> <li>• Practice effective communication to solve problems together under pressure</li> <li>• Encourage to embrace different strengths and weaknesses to strategize for a goal</li> </ul>
<b>BREAK</b>		
<b>High EQ Communication</b>	Bomb Disposal	<ul style="list-style-type: none"> <li>• Encourage participants to improve EQ in stressful situation</li> <li>• Practice clear feedback to each other to solve problems together under pressure</li> <li>• Experience the VR technology which is getting popular in workplace</li> </ul>
<b>Positive &amp; Constructive Feedback</b>	Appreciation Tree	<ul style="list-style-type: none"> <li>• Encourage positive and constructive feedback</li> <li>• Embed growth mindset and appreciation towards each other</li> </ul>

### Program details:

Time: 3 hours

Venue: Hong Kong Productivity Council

Language: Cantonese (supplemented with English material)

### Enquiry:

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