



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

EMOTIONAL INTELLIGENCE

Understand Your Emotions.
Strengthen Your Relationships.
Thrive in Every Area of Life.

Develop the skills to recognise, manage, and use emotions to create positive personal and professional outcomes.

ENROLL
NOW

What is Emotional Intelligence?

Emotional Intelligence (EQ) is the ability to recognise, understand, manage, and express emotions effectively while building healthy, meaningful relationships with others. It is one of the most important skills for personal wellbeing, communication, leadership, and lifelong success.

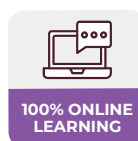
In this course, you'll explore evidence-based emotional intelligence strategies that help you increase self-awareness, regulate emotions, strengthen empathy, communicate more effectively, and respond to life's challenges with confidence and resilience.

Who this Course is for

Perfect For:

- ✓ Individuals wanting greater emotional awareness
- ✓ Professionals seeking stronger communication skills
- ✓ Leaders and managers building emotionally intelligent teams
- ✓ Coaches, educators and wellbeing practitioners
- ✓ Anyone wanting healthier relationships and improved wellbeing

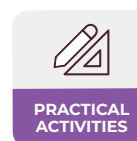
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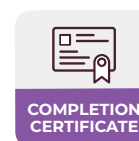
100% ONLINE
LEARNING



SELF-PACED
COURSE



PRACTICAL
ACTIVITIES



COMPLETION
CERTIFICATE

What you will LEARN



Develop Self-Awareness

Recognise your emotional patterns and triggers



Lead with Emotional Intelligence

Use emotional intelligence to make thoughtful decisions and inspire positive change



Manage Your Emotions

Learn practical strategies to regulate emotions under pressure



Build Better Relationships

Improve trust, collaboration and conflict resolution



Strengthen Empathy

Better understand the emotions and perspectives of others



Communicate Effectively

Express yourself with confidence, clarity and respect



Meet Your Instructor Cynthia Aisha Meguid

Wellbeing Education Specialist

Cynthia Aisha Meguid has dedicated over 15 years to empowering individuals and organisations through evidence-based wellbeing education. Drawing on positive psychology and emotional wellbeing principles, she helps learners build greater emotional awareness, resilience, meaningful relationships, and lasting personal growth.



READY TO STRENGTHEN YOUR EMOTIONAL INTELLIGENCE?
www.aishameguid.com

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