Workshops Schedule

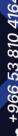| #	Workshop	Lead	Location
1	Self-Awareness 101	NAWA	Classroom A (34)
2	Self-Regulation & Triggers	NAWA	Classroom B (34)
3	Empathy in Action	Masaha	Classroom A
4	Active Listening Lab	Masaha	Classroom B
5	Stress-&-Resilience Hacks	Masaha	Classroom A
6	EQ in Leadership	NAWA	Classroom B
7	EQ in the Workplace – Mini Case Lab	Masaha	Open Area
8	Networking with EQ (ice-breakers)	NAWA	Open Area
9	EQ Career Toolkit (LinkedIn & Resume)	Masaha	Booth Zone
10	Mentorship Clinic (10-min slots)	Masaha Mentor	JHUB Meeting Room

Time Schedule

Time	Block	Active Workshops
4:00–4:30 PM	Registration + Ice-Breakers	Workshop 8 (Open Area)
4:30–5:05 PM	Block 1	1, 2, 8, 9, 10
5:10–5:45 PM	Block 2	3, 4, 8, 9, 10
5:50–6:25 PM	Block 3	1, 2, 8, 9, 10
6:25–7:00 PM	Block 4	3, 4, 8, 9, 10
7:00–7:30 PM	Maghrib Break	No Workshops
7:30–8:05 PM	Block 5	5, 6, 8, 9, 10
8:10–8:45 PM	Block 6	5, 6, 8, 9, 10
8:50–9:20 PM	Block 7	7 (Open Area)
9:20–10:00 PM	Free Exploration	Open for repeats, drop-ins

Self–Awareness 101: "Who Am I, Really?"

Session Outcomes

- Identify a "vision twin" with shared career goals.

- Reflect on personal strengths, triggers, and values.

- Describe one trait they'd like to develop by the end of the year.

- Complete a short self-perception alignment exercise.

Self-Regulation & Triggers

Session Outcomes

- Recognize common emotional triggers in academic or social settings.

- Write a "Letter to Future Me" on emotional growth goals.

- Describe one coping mechanism they commit to using this week.

- Rate their emotional control in high-pressure settings.

Empathy in Action

Session Outcomes

- List two emotional habits they discovered about themselves.

- Role-play a high-empathy response in a conflict situation.

- Respond to a mini-scenario with active empathy cues.

- Reflect on how empathy shifted their initial judgment of a peer.

Active-Listening Lab

Session Outcomes

- Deliver a one-sentence summary of a peer's two-minute story.

- Complete a listening check-in with non-verbal feedback techniques.

- Practice "mirroring" and "paraphrasing" in a listening drill.

- Evaluate their listening habits using a quick checklist.

Stress-&-Resilience
Hacks

Session Outcomes

- Choose and commit to one stress-buster they'll try tonight.

- Map their personal stress signals.

- Reflect on how they handled a recent stressful situation.

- Identify a daily micro-action for resilience.

EQ in Leadership

Session Outcomes

- Write an SBI (Situation–Behavior–Impact) feedback sentence.

- Reflect on a time they took or missed a leadership moment.

- Identify their EQ leadership style: Empathic, Directive, Supportive, Adaptive.

- Commit to one leadership habit they'll practice in group settings.

EQ in the Workplace – Mini Case Lab

Session Outcomes

- Analyze a workplace dilemma using EQ-based framing.

- Discuss emotional risk vs. emotional safety in teams.

- Practice de-escalation language.

- Reflect on how EQ changes workplace problem-solving.

Networking with EQ (Icebreakers)

Session Outcomes

- Connect with 5 new participants and share something in common.

- Practice introducing themselves with emotional clarity.

- Complete an "emotion-led" icebreaker round.

- Reflect on which EQ trait made someone else memorable.

EQ Career Toolkit – LinkedIn & Résumé

Session Outcomes

- Write 2–3 EQ-based bullet points for their résumé.

- Audit their LinkedIn summary for tone and emotional clarity.

- Identify a "strength story" to feature on their profile.

- List emotional skills they've demonstrated in academic or extracurricular work.

Mentorship Clinic – EQ Roadmap

Session Outcomes

- Capture one key sentence of advice from their mentor.

- Reflect on what surprised them during the conversation.

- Draft a mini-EQ action plan for the next month.

- Identify an EQ trait their mentor demonstrated that they want to emulate.