

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



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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



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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.**