

Jaipreet Singh

Training | Coaching | Counselling



Building Emotional Literacy

“The critical 21st century skill, that can’t be automated” — HBR

25 yrs.
in building
Emotional Literacy

100+
organizations
12000+
trainees

Trained in
Transactional
Analysis, TIFF,
Gestalt, NLP

Professional
Actor — Films,
Tele series,
Plays

WHY Emotional Literacy?

The capacity to be **aware** of, **understand**, effectively **manage** one's own emotional state,

AND

The ability to **engage** judiciously and **empathetically** with others, in part by being able to **appreciate** their emotional states.

Helps leaders expand their range of attitudes and skills that empower them to:

- ✓ Increase self & other's Engagement
- ✓ Foster better Human Development
- ✓ Create Higher Retention
- ✓ Increase Business Results

WHY Now?

“Why is this so important? Because in times of **uncertainty** like this, the ability to understand and better manage your own emotions will help you to be grounded and centered. You will then be more open to how others are feeling. As a result, you will be in a good position to effectively manage other people confidently and firmly, but also with compassion.”

Four emotional intelligence challenges and how to respond

- 1 Managing fear and anxiety:** recognizing and address both their own fears and anxiety and the concerns of those in the organization.
- 2 Making Clear and Confident Decisions** High-EQ leaders find some balance between the two by accepting uncertainty and making a choice despite the unknowns
- 3 Delivering bad news and managing disappointment :** Being authentic, fostering transparency, yet containing the organization in turbulent times
- 4 Motivating and encouraging others:** being able to help others see opportunity even in tough times.

“Jaipreet’s background as a counsellor brings in keen sensibility and intuitiveness to understand underlying issues and dynamics. He has a very subtle way to involve everyone to define the problem statement and then suggest ways to address the issues/ agree on way forward.”

Sheena Gujral
Head Of Human Resources at WISH
FOUNDATION INDIA

DEMYSTIFYING Emotional Literacy

With an unique combination of skills

Formal multi-
disciplinary
education

Therapeutic
counselling

Professional
acting
experience

Going beyond theory to create unique, experiential, simple and real-world training that bring about measurable behavioral impact.

Modules for : Leadership | Teams | HR and L&D

"Jaipreet is uniquely different in his approach towards what he delivers. His efforts to deeply connect with the people and the related issues, for which he is designing an intervention, is really commendable. This in-depth understanding comes out brilliantly in his interventions. He can engage people through very innovative ways. His close connect with theatre, reflects very clearly in the innovative design of his interventions and this keeps the participants completely engrossed. The participants keep connected to the learnings and experiences from his interventions, even after a considerable period."

*Rajiv Kapoor
Executive Director & CEO-Group Head HR at
UNO MINDA*

Emotional Literacy for Leaders

Interventions	Hours
Functionally Fluent Leadership: Improving relationships through TIFF © based coaching and training	12
Essential Counselling Skills for Leaders: Learning to providing short-term emotional support to others	18
Essential Coaching Skills for Leaders: Focuses on emotions in coaching to bring out the best in others	18
Performance Management through Emotional Management: Helps leaders manage both tasks and relationships	18
Relational Influence: Focuses on various aspects of interpersonal relationship that help influence others	16
Essential Mediation Skills: Helping leaders learn to mediate interpersonal conflict	6
Cultivating a culture of emotional literacy: How leaders create and nurture systems and processes that drive emotional literacy	12

"Really appreciate Jaipreet's facilitation skill and his deep understanding of the subject. His ability to engage the participants have been phenomenal because of his approach of learning by doing. He is sharp in understanding the need of the organization and accordingly designs the interventions. He worked on couple of assignments in my current and past organizations especially on leadership development through emotional intelligence and transactional analysis. The feedback from the participants have been outstanding because of the leaning they had through the workshops."

Tirthankar Raychaudhury

Vice President Human Resources at BENNETT COLEMAN AND CO. LTD (TIMES GROUP)

Modules for Teams

Interventions	Hours
Communication Skills: Appreciating how we impact each other in our said and unsaid. How to communicate that others receive, and we feel understood.	12
Interpersonal Skills: Understanding various facets of interpersonal relationships at work, and developing the skills to help and receive, both.	12
Emotional Literacy as a team: Provides the team members a framework to assess themselves as a group and grow together	12
Resolving conflict: Learning to table the said and unsaid and learning to contract with each other	12

Modules for HR and Learning Teams

Interventions	Hours
Counselling Skills for HR: How to provide short-term emotional support in crisis	12
Becoming a great in-house OD consultant: Range of skills and knowledge to understand organizations and helping them grow as an internal consultant	36
Flawless designs: Learning to create emotionally literate intervention designs that take the heart along with the mind	18
Cultivating a culture of emotional literacy: How HR leaders create and nurture systems and processes that drive emotional literacy	12
Facilitation Skills: Helping organization experts facilitate with sensitivity and care	18
Coaching the Coach: Educating, training and supervising existing organization coaches in a group setting	36



Jaipreet is a Learning and Development Consultant and a trained Therapeutic Counsellor specializing in the area of Emotional Literacy. He is deeply invested in helping organizations become sensitive and humane and in his career of **25 years, has helped over 100 organizations across industries harness the soft power of Emotional Literacy.**

Jaipreet has **multi disciplinary training** in this field . He is in training to be a **Professionally Certified Coach**, is a member of South Asian Association for Transactional Analysis, International Transactional Analysis Association and Functional Fluency Network. He uses an integrated approach of Transactional Analysis, Gestalt Therapy, NLP, and TIFF (Temple Index of Functional Fluency) in his training work. With **over 4000 hours of one on one counselling and coaching experience**, Jaipreet has a hands-on understanding of the human psyche and understands emotional management like on one else, helping **over 12000 trainees embark on their growth journey.**

As a **professional actor** who regularly features in films, web series, plays and advertisements he brings his understanding of storytelling and stage for a **unique perspective and experiential learning experience** in his workshops. He helps organization leaders understand management by demystifying it through 'role theory'. **Relatable , Experiential and Transformational** - his learning interventions help leaders understand emotional management through the lens of everyday life.



Jaipreet has played 'Dilbagh Singh' in the famous Netflix series 'Sacred Games' ,He has essayed roles in movies like Zero, Sandeep aur Picky Faraar among many others, working with directors Anurag Kashyap, Dibakar Banerjee, Anand. L. Rai, Neeraj Ghaywan, Vikramaditya Motwani, Tahira Kashyap and Anubhav Sinha. He is also associated with Ruchika theatre group in Delhi.



DCM SHRIRAM

Growing with trust



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