By Dr Andrew Goh | Understanding Self & Others
Self-awareness is the basic key to EQ (Emotional Quotient) - understanding self and getting along with others. It is rooted in a person’s personality, which in turn is manifested in daily behaviour. As one has a good grasp of one’s personality type, one can leverage on it to reconcile “internal conflicts” and improve working relationships with others.

By Ms Teo Yi-Ling | Intellectual Property (IP)
Intellectual Property (IP) refers to the creations of the human minds for which exclusive rights are recognised. Innovators, artists and business owners are granted certain exclusive rights to a variety of intangible assets for a specified duration.

By Mr Colin Yeow | Managing Emotional Triggers Inside-Out
What are your Emotional Triggers? We deal with a lot of stress every day. Whether at work or in our personal lives, or whether we are in a leadership position or are a rank-and-file employee, stress is ever-present. One way to manage these triggers is through personal mastery, which begins with self-awareness.

By Ms Tracy Tsen | Time, Priority & Project Management
Time is a scarce resource which we either manage for results or lose it completely. Understand how responses to your time and others will affect the performance results of a project and use of project management techniques to monitor deadlines, work resource allocation and outcomes.