



INTERDISCIPLINARY GRADUATE SCHOOL

SOLVING GLOBAL CHALLENGES THE INTERDISCIPLINARY WAY

IGS DEVELOPMENT SERIES (IGS-DS)
WED | 10AM - 12NN | IGS SEMINAR ROOM

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JAN

By Dr Andrew Goh | **Understanding Self & Others**

Self-awareness is the basic key to EQ (Emotional Quotient) - understanding self and getting along with other. 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.

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FEB

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.

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MAR

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.

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APR

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.