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by Prof. Dr. Edward Roy Krishnan



ACBSP GLOBAL BUSINESS ACCREDITATION

European International University marks another milestone becoming a Proud Member of ACBSP Global Business Accreditation. We are delighted to announce the approval of our membership application with Accreditation Council for Business Schools & Programs #ACBSP https://acbsp.org/. Further, we announce the submission of our application for Accreditation Candidacy which marks another milestone of EIU's academic & professional journey.



Known as a leading specialized global accreditor of business education, ACBSP is recognized by the CHEA - Council for Higher Education Accreditation council with its programs & accreditation process uniquely focused on teaching excellence and student outcomes. https://www.chea.org/Embarking on our journey with #ACBSP & #CHEA assures students that #EIUparis will continuously improve on the quality of its programmes and maximize learning outcomes.





Happy to announce that European International University has been granted

5-Stars by QS World University Rankings on the categories of ONLINE LEARNING and

TEACHING. This is indeed a very important & memorable day for all of us at EIU-Paris.



European International University (EIU Paris)

The QS Intelligence Unit has, through rigorous and independent data collection and analysis of performance metrics as set out in the QS Stars™ methodology, rated European International University (EIU Paris) as a Three Stars institution.



The QS Stars" rating system is operated by the QS Intelligence Unit, the independent compiler of the QS World University Rankings" since 2004. The system evaluates universities across a wide range of important performance indicators as set against pre-established international standards. By covering a broader range of criteria than any world ranking exercise, QS Stars" shines a light on both the excellence and the diversity of the rated institution.

| CATEGORY | STAR RATING |
|-----------------------|-------------|
| Teaching | *** |
| Employability | *** |
| Academic Development | * |
| Internationalization | ** |
| Online Learning | *** |
| Social Responsibility | ** |
| Program Strength: MBA | *** |
| Overall | *** |



Ben Sowter - Head of QS Intelligence Unit

QS Stars" — © 2020 QS Intelligence Unit (a division of QS Quacquarelli Symonds Ltd)

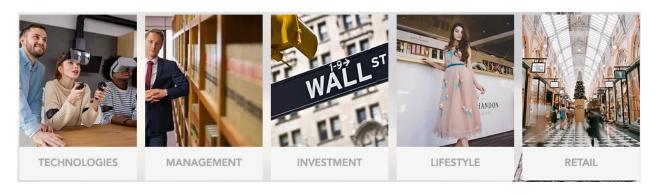


EIU WORKSHOPS IN PARIS, FRANCE



ON-SITE BUSINESS WORKSHOPS

Come to Paris with an objective, we will give you the tools to achieve it. EIU offers workshops on what matters today in the business world. These are conducted by our team of top executives leaders in Europe. During your workshop, you will have classic lectures, visit Paris's business world, and free access to International Exhibitions offering you real business opportunities. At the end of your workshop, we organize a friendly dinner in a famous Parisian Bistro, to make you never forget your week with us. So make your choice of the topics below and book online. See you soon at EIU Workshops in Paris!



ON-LINE BUSINESS WORKSHOPS

Learn whenever and wherever you want. Our workshops are available for people who want to increase their knowledge and competences faster with more flexibility. You have an objective, we will give you the tools to achieve it. EIU offers workshops on what matters today in the business world. These are conducted by our team of top executives leaders in Europe. Our moderators will guide you during your study and you will have the opportunity to have one to one discussion to adapt your learning capacity. So make your choice of the topics below and book online!



MANAGERS AND EMPLOYEES SUPPORT DIGITAL TRANSFORMATION, BUT SEE ROOM FOR IMPROVEMENT

Help Net Security

Digital transformation has widespread support among managers and employees, but some think that the pace of change at their companies could be faster, they could be more involved than they are, and they are unsure of how it will affect their jobs or pay, according to a global survey by Boston Consulting Group (BCG). People at all levels believe that the transformation to digital technologies and methods has helped their organizations wether the effects of the coronavirus pandemic and will aid recovery efforts. Workers overwhelmingly approve of how their companies have applied digital transformation to combat the COVID-19 crisis. Worldwide, 89% of managers and 84% of employees believe digital is helping their companies get through the economic slowdown that the pandemic created.

Companies could speed up the evolution by providing more training and upskilling, which is needed to help people pick up the capabilities that they need to work in new roles or in different ways. That could describe, for instance, automotive engineers who need to learn software development in order to work on autonomous-vehicle technology, or research and development specialists who must understand data science in order to develop future scenarios. At EIU Paris, we offer a Digital Transformation Workshop to support Entrepreneurs and Businesses needing this change to happen. Our Moderator Olivier ROCHETTE will show you the underlying challenges of Digital transformation:The ability to digitally reimagine your business establish a clear digital strategy Integration of digital tech in all areas of your business.

NEW GLOBAL PARTNERS

CHARTERED INSTITUTE OF RISK AND SECURITY MANAGEMENT (CIRSM), ZIMBABWE

The Chartered Institute of Risk and Security Management (CIRSM) is an elite institution that nurtures Chartered Risk and Security Professionals across the globe. CIRSM is the trademark name for forensic, proficient and distinct Risk and Security Management practitioners. CIRSM is accredited and registered with the Ministry of Higher and Tertiary Education Science and Technology Development.





ASIA E-LEARNING MANAGEMENT (AEM), THAILAND

Thailand AeM Center is an online learning facility service provider. We are working with educational institutions in France, Singapore, Malaysia and Thailand. We help those universities to deliver their academic program, recruiting, administrating, and supporting their students through our online learning platform.

M.B.A. Module Review

"The course material and the video sequences fitted my learning style.
Although managerial accounting is not an easy topic to digest, I found the structuring of the course material very good.

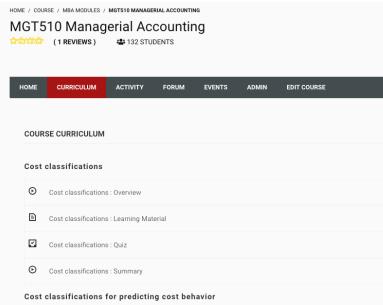
The provided .pdf files were clear and also enriched with practical examples.

I believe that the theory of managerial accounting is important for every entrepreneur and business owner.
When it comes to applying numbers and formulas to real-world examples, practising is required.

Having an accountant with multiple years of experience in a company can certainly help the management a lot in taking the right decisions."

- Michael Stahl (M.B.A. in Information Technology & Systems Management)





Cost classifications: Overview



DECLUTTERING THE MIND: HOW TO GET RID OF NEGATIVE THOUGHTS

BY PROF. DR. EDWARD ROY KRISHNAN

Too much clutter in your headspace can drain your energy and may stop you from moving forward which can keep you stuck in rut. A cluttered mind is filled with negative thoughts, worries, and anxieties that may debilitate the body, thus preventing you from solving the problems in front of you and from achieving your goals. Consciously checking your thoughts to banish negative thinking is effective in decluttering the mind but it is not that easy to be constantly assessing the quality of your thoughts especially if your brain is already used to a negative mindset. Fortunately, there are some things that you can physically do, to clear your headspace and consequently, reduce negative thoughts. Here are some of them

1. TURN TO HUMOR.

The old adage "laughter is the best medicine" contains some truth to it. Laughing and making something lighter through humor guides your brain to look at the lighter side of a problem rather than ruminating on a negative thought that will cause you anxiety. Humor can stop you from stressing over challenges thrown at you and from cussing over minor inconveniences that can ruin your day.Next time you feel your brain dwelling over a negative thought, try injecting some humor into the situation and feel your stress levels go down. If you want to learn more about how humor can create a positive mindset that will work well for a leader, try our Positive Leadership training course.







2. GET ENOUGH SLEEP AND REGULAR EXERCISE.

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3. LIMIT SOCIAL MEDIA EXPOSURE.

Fake news, anxiety triggers, depressing stories, rude comments, and enviable posts abound in social media nowadays. Life has enough stressors so don't let social media stress you further. Spending too much time on these platforms not only strains your eyes, which can lead to headaches, it also stresses the mind and emotions with the negative quality of content you see in social media. Too much intake of these contents can lead to depression and loneliness, as well as discontent as you start to compare your life to others. Exposing your mind to this type of information can take a toll on your mind so if you can't completely stop yourself from consuming social media, maybe limit it to less than an hour per day, while also unfollowing toxic people who may trigger your anxiety.

4. DECLUTTER YOUR SPACE.

Being in a cluttered environment can be stressful and exhausting for the mind and body. A cluttered desk, bedroom, or office can decrease efficiency and focus; and increase distractions and frustrations that lead to a cluttered mind and negative thoughts and feelings. Try organizing your workspace by keeping only the essential items and putting everything else away from your line of sight.

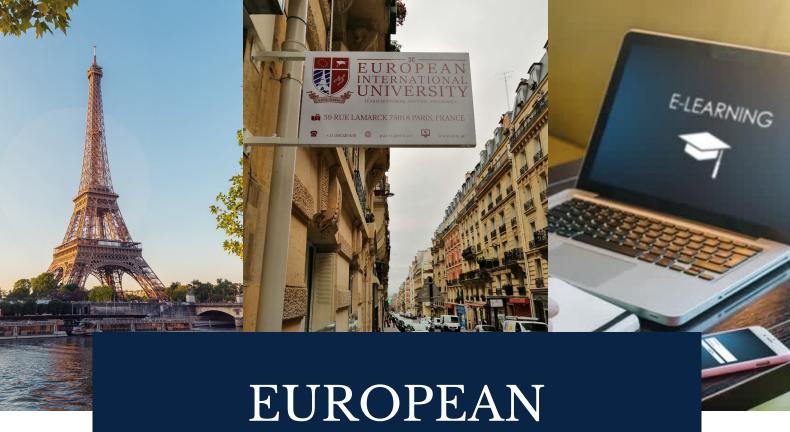
5. KEEP A JOURNAL.

Journaling may be one of the most effective ways of decluttering the mind. It organizes your thoughts and once you've written down the things that make you feel anxious or worried, you can then free up space in your mind to make way for positive and proactive thoughts. Journaling wards off depression; it makes you more aware of the quality of your thoughts, which allows you to assess your mindset. It's an effective way of releasing negative emotions and thoughts so you don't ruminate on them all day.

6. FIND TIME TO UNWIND.

Another useful method of decluttering the mind in to take a break and unwind. Whether you're into traveling, going to the spa, reading, meditating, or painting, make sure to allot some time regularly to the things that calm your mind and relax your body. You deserve to take a break every now and then to reinvigorate and reset your mind so you can return to your daily life feeling more energized and recharged while leaving all your worries and anxieties behind. If you want to undergo a personal transformation and learn more about how to keep a positive mindset and banish harmful negative thoughts from our mind, try our Positive Thinking training course.

"THE OLD ADAGE "LAUGHTER IS THE BEST MEDICINE" CONTAINS SOME TRUTH TO IT. LAUGHING AND MAKING SOMETHING LIGHTER THROUGH HUMOR GUIDES YOUR BRAIN TO LOOK AT THE LIGHTER SIDE OF A PROBLEM RATHER THAN RUMINATING ON A NEGATIVE THOUGHT THAT WILL CAUSE YOU ANXIETY."



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