

Managing stress and emotions

#1 *Managing your stress - Emotional intelligence will turn it into peace*

Stress makes it difficult for you to operate effectively and does not allow you to forget about business matters after work? Can't fall asleep because you think about meetings, tasks and problems to solve? Are you in suspense? A tightness in the stomach, cold hands, a flooding blush ... How to deal with stress, worry, fear that block effective action?

We conduct training in the formula:

- ✓ stationary
- ✓ on-line
- ✓ hybrid- MIX

You will learn our proprietary algorithm for turning stress into peace!

You will also learn what stress is, how it arises and when it becomes a threat. I will tell you about the latest research on stress and its practical application,

- Will you analyze what strategies you use to deal with stress are effective and which ones do not serve you?
- You will learn how to reduce stress and relax using simple relaxation techniques (mindfulness, anxiety-reducing breathing, Jacobson training, Schultz autogenic training, etc.).

What awaits you at the workshop

- You will learn **what your natural reaction to stress triggers is,**
- **You will change your strategy of thinking** about your own emotions and behaviors,
- You will discover and strengthen your internal **resources that will help you maintain balance in the most demanding situations,**
- You will learn **how to recognize your emotions faster and prevent frustration,**
- You will learn to be calm and effective **in stressful circumstances,**
- You will learn **to keep your emotions at a level where you feel positive mobilization to act,**
- You will learn how to regenerate your body after emotionally draining events,
- You will **develop your optimism and the ability to influence your own sense of happiness.**

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#2 Anger - your emotional intelligence will turn it into a neutral state

Do you observe that in your life there is a lot of anger, guilty people? Do you feel that anger negatively affects your relations with colleagues at work?

We will change it - you will learn **our proprietary algorithm to extinguish anger** to a neutral state, enabling comfortable, normal functioning.

You'll also see the positive aspects of anger (yes yes positive!)

- You will learn about the process of the formation of emotions, thanks to which you will understand where it is possible to change the feelings that arise - any!
- You will learn to ask the right questions to get to the source of anger and find a constructive solution in every difficult situation - that is, you will activate your efficiency, resourcefulness,
- You will learn how to change the negative beliefs behind your anger, frustration, and discouragement, and learn techniques for constructive emotional expression - even in business!
- By understanding where "negative emotions" come from, you will know how to deal with the emotions of others. I will tell you what empathy is and how to react in an empathetic way to the difficult emotions of colleagues, clients and loved ones.

How we take care of your needs:



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#3 Sadness - with your emotional intelligence you will turn it into positive energy

Are you worried, you are sad, and you don't know how to get out of the emotional depression? Yes, there are difficult moments in everyone's life and sometimes they last for a long time, but that doesn't mean that you are doomed to sadness!

You will learn our proprietary algorithm for turning sadness into a positive state!

- And that's not all. There is a deeper sense in sadness. Not only in sadness - in every emotion. By understanding emotions, you will learn to take the best of them and exchange them for other feelings at the optimal moment!
- You will change your mental strategy into one conducive to action and achievement of your goals,
- You will learn about the obstacles that stand in the way of effectively dealing with emotions - defense mechanisms - and learn to eliminate them,
- Did you know there are over 100 feelings? And how many of them do you recognize in your life?
- You will learn to recognize your emotions and why it is so important from a neurological perspective to name them.

#4 Joy, amusement, positive mood - with your emotional intelligence you will arouse them in yourself

Do you see smiling people around you, with a positive attitude towards the world - and you wonder how they do it? How to create a positive mood in yourself? How to bring more joy into your life? You can choose how you feel!

You will learn our proprietary algorithm to change any feeling, any emotion into joy, amusement, a positive mood!

- During the training you will also experience emotions that are difficult for you - thanks to the tools you learn, you will change your emotional state to whatever you choose,
- You will learn how to develop optimism. You will learn about the discoveries of positive psychology and learn how to look at your successes and failures.



**Have any questions?
Feel free to contact us.**

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