

Stress and emotion management

#1 How to develop emotional intelligence and use it in practice? – understand emotions and learn to recognize them:

- **How do emotions arise?** - the process of creating emotions is the key to conscious management of them.
- **Recognizing emotions** – how to listen to the signals sent by the body (physiology of emotions) and properly name emerging emotions?
- What is the importance of naming emotions for the process of regulating emotions?
- What obstacles stand in the way of effectively dealing with emotions - learn about the most important **defense mechanisms**.

#2 Emotion management - how to deal with anger, frustration, sadness, fear and other difficult emotions?

- What are the positive aspects of anger and other difficult emotions (yes, yes, positive!)?
- How to use the right questions to reach the source of emotions and find a constructive solution in every difficult situation?
- **Anger extinguishing algorithm** - a proprietary tool that allows you to change anger into a neutral state, enabling comfortable, normal functioning.
- **How to change negative beliefs that are behind the anger, frustration, fear** - belief modification training and dealing with habitual, recurring thoughts.

What awaits you at the workshop

- **Your natural reaction to factors causing stress**
- **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 act calmly and effectively in stressful circumstances**
- You will learn **to keep your emotions at a level where you feel positively motivated to act**
- You'll find out **how regenerate your body** after emotionally exhausting events
- You will develop your **optimism and the ability to influence your own sense of happiness**

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#3 Emotional intelligence in relationships - how to talk about emotions, respond to others' emotions and build understanding in the most difficult interpersonal situations?

- **What is empathy** and is there a place for it in business?
- How to respond empathetically to difficult emotions of colleagues/business partners/customers and direct the conversation towards a constructive solution?
- **How to discover the needs hidden behind other people's emotions** - a communication model in the spirit of Marshall Rosenberg's Nonviolent Communication.
- **How to express your emotions constructively** – even in business!

#4 Stress management - how to recognize your stressors and tame stress?

- **What is stress, how it occurs and when it becomes a threat** - learn about the process of stress formation.
- **Sources of stress: difficult conversation, time pressure, workload, conflicts, professional challenges, etc.** - what needs, beliefs, values lie behind the experience of stress in various professional situations?
- **Stress manifests itself in the body and in your head** - how to recognize stressors and respond appropriately to the first signals of stress?
- **Effects of long-term tension and stress** – what can functioning under chronic stress lead to?
- **What does science say about this?** – the latest research on stress and their practical applications.

How we take care of your needs :



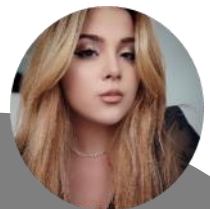
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#5 Stress management - how to turn stress into constructive action?

- What is **your style of coping with difficult situations** – self-diagnosis.
- Conflict, time pressure, having great responsibility, public speaking - what to do to skillfully use all styles adequately to the situation and the goal you want to achieve.
- **6 steps of coping with stress - an original tool** that will help you turn anxiety into mobilization and focus on constructive action.
- What to do to avoid transferring emotions and stress from home to work and from work to home?

#6 How to build your emotional resilience - tools and techniques supporting the "fight" with stress:

- What makes some people cope better with emotions and stress than others?
- **Breathing techniques** – how to work with your breath to effectively regulate your own stress response.
- What is **mindfulness** and how to train mindfulness - learn an effective way to counteract the effects of functioning under chronic stress.
- Relaxation techniques - a way to relax after a hard day and reduce muscle tension in response to stress : **Jacobson training, Schultz autogenic training** .
- Neuropsychology in practice, or how to change the negative attitude of the brain and have more energy to act? – **positive thinking training according to Rick Hanson.**



Do you have any questions?

Please contact me

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