

## Emotional intelligence - why is it worth sending employees to Stress and Emotion Management training?

*A company that invests in stress and emotion management skills among its employees achieves an advantage in effectiveness and efficiency. Our mind has limited operational space - when it is filled with difficult emotions, there is no room for analysis, drawing conclusions and making the best decisions for the company.*

### We especially recommend strengthening emotional intelligence for employees who:

- **manage a team/processes** - the pressure of operating at the intersection of two points of view and expectations (management - team) often gives rise to difficult emotions, e.g. anger, helplessness, frustration
- **have contact with clients or contractors** - dealing with emotions, frustrations and expectations of clients/contractors, with emphasis on taking care of the company's image and controlling their own emotions and reactions
- **their position requires making numerous key decisions** - people in management positions associated with great responsibility
- **they work creatively; their work is subject to constant evaluation or the effects of actions are visible later** - uncertainty of the results of actions taken and meeting the expectations of others may lead to frustration and burnout
- **perform repetitive, monotonous tasks** - daily routine can lead to frustration and burnout
- **they easily become angry, irritated, or sad in the workplace** - which may reduce job satisfaction among co-workers
- **they perform risky work** - the awareness of great responsibility can sometimes be paralyzing and cause severe stress

## An employee with developed emotional intelligence:

- strives to achieve strategic goals for the company**, managing to take necessary risks and proactively approaching difficulties
- takes responsibility for the tasks entrusted to him and his team** because he looks for solutions and treats problems as challenges
- can cope with difficult emotions in stressful situations** (e.g. during a presentation, conversation with a difficult client, commercial negotiations)
- maintains more peace and freedom in relationships with clients/contractors and colleagues** - even in... can think and act rationally in the "hottest" moments
- is an important link that brings the team together** - he is able to respond empathetically to the emotions of others, without taking them on himself
- communicates his emotions and needs in an open and constructive way**, thanks to which his behavior is "readable" to the environment and cooperation with him is more effective
- looks for benefits and positives instead of focusing only on problems and risks** - it can be a good ambassador of changes in the organization
- it is more effective and therefore more reliable in operation**
- builds a positive image of the company he works for** - through his composure, solution-seeking attitude and optimism

## Two-day training program: Managing stress and emotions

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### 1 Stress management - emotional intelligence will turn it into peace

- You will also learn what stress is, how it occurs and when it becomes a threat. I will tell you about the latest scientific research on stress and its practical application.
- You will learn our original algorithm for turning stress into peace!
- Will you analyze which stress coping strategies you use are effective and which ones do not serve you?
- You will learn how to reduce the tension resulting from stress and relax using simple relaxation techniques (mindfulness, anxiety-reducing breathing, Jacobson training, Schultz autogenic training, etc.)

### 2 Anger – you can turn it into a neutral state with emotional intelligence

- You will learn our proprietary algorithm for extinguishing anger to a neutral state, enabling comfortable, normal functioning.
- You will also see the positive aspects of anger (yes, yes, positive!).
- You will become acquainted with the process of creating emotions, thanks to which you will understand where it is possible to change the emerging feelings - any feelings!
- 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 agency and resourcefulness.
- You will learn how to change negative beliefs that are behind your anger, frustration and discouragement, and you will learn techniques for expressing emotions constructively - 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 respond empathetically to difficult emotions of co-workers, clients and loved ones.

## Two-day training program: Stress and emotion management

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

- You will learn our original algorithm for turning sadness into a positive state!
- There is a deeper meaning in sadness. Not just sadness – every emotion. You will understand your emotions, learn to take the best of them and replace them with other feelings at the optimal moment!
- You will change your thinking strategy to one that is conducive to action and achieving your goals.
- You will learn about the obstacles that stand in the way of effectively dealing with emotions - defense mechanisms - and learn how to eliminate them
- You will learn to recognize your emotions and learn why, from a neurological perspective, it is so important to name them.

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

- How to arouse a positive mood? How to bring more joy into your life? You can choose how you feel!
- You will learn our original algorithm to change any feeling, any emotion into joy, amusement, 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 the one you choose.
- You will learn how to develop optimism. You will become familiar with the discoveries of positive psychology and learn how to look at your successes and failures.

## CONTACT

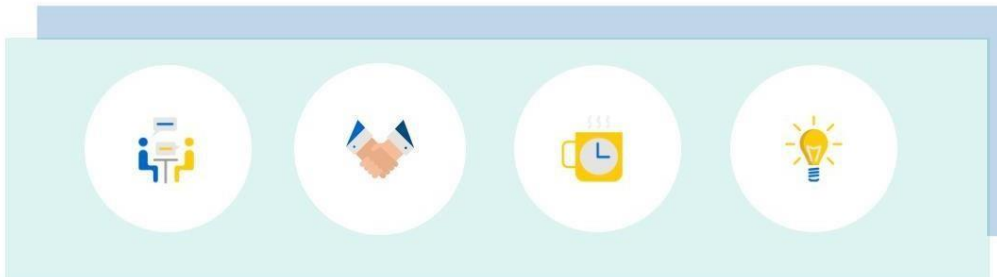
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## A package of EXTRA benefits for training at 4GROW

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- The trainer will ask about the needs and propose an optimal program** - we can talk today about the employee's problems and needs to make sure that they will be fulfilled. And they will be fulfilled, even if they go beyond the training formula, because only with us the "program" means something more than the training itself:
  - Individual training after training** - when the employee needs to deal with a challenge that goes beyond the training program, but is related to it with emotion management, or prepare for an important and difficult situation in the company, e.g. talking to a difficult client, enforcing the contractor's performance of the contract
  - "Unlimited" telephone support from the trainer** - when your employee feels that he wants to verify his progress or needs consultation because the situation he encountered requires additional knowledge
  - Guaranteed date** - we guarantee training for as little as 3 participants. We do not cancel training.
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