



## **“Thriving Under Pressure” Managing Emotions and Stress A One or Two-Day Seminar**

All of us experience those moments on the job when unwanted emotions and stress intensify. You may get upset with colleagues who don't do their jobs. Or frustrated with bosses who gives you more work than you think you can handle. Or angry with yourself because you didn't stand up to a pushy co-worker. Emotions and stress like these are normal. It's what you do with them that can lead to problems at work and at home. Losing your temper, overreacting and getting stressed out can get in the way of positive relationships and profoundly affect your productivity and well-being. This exciting program will teach you an amazing, systematic process for developing “emotional self-control and stress reduction. You'll gain a tremendous amount of insight into disruptive emotions and impulses that make you feel out of control and helpless, and learn how to rein them in.

### **What you will learn:**

- How to modify your environmental comfort zones.
- How to choose how you respond to difficult situations and people.
- Keep emotions and stress from damaging relationships.
- How to behave positively when things don't go the way you expect.
- The psychological foundation of habits and attitudes and how to change them.
- How to maintain emotions clarity and reduced stress in the midst of change.
- How to eliminate behaviors and habits that work against you.
- How to become crystal-clear about emotions and stress.
- Learn to make better choices through self discipline.