

# PERSONAL EMOTIONAL MANAGEMENT

workshop by PlusVibes

Focused on anger management, overcoming stress and anxiety, practicing mindfulness to better handle uncertainties



## OVERVIEW

An employee's emotional or mental state is a huge contributing factor to their work performance, commitment to complete a task and level of productivity which easily translates into the success of an organization. It is vital for all employees to learn how to regulate their emotions in order to consistently deliver quality work and practice a healthy working environment.

## OUTCOME

This programme will help individuals identify, learn to differentiate and describe feelings and emotions. They will also be equipped with tools and techniques to reduce worry, rumination and self-criticism by increasing self-acceptance of challenging work experiences. Participants will be exposed to best practices of decision-making, ways to improve relationships and motivate teams when emotions are involved.



Theory and activity-based learning  
Virtual workshop up to 35 people per session  
1 Day program  
7 Hours  
1 topic for 1.5 hours  
1 hour Guided Meditation



# TOPICS

1

## Dealing with Stress Effectively

- Causes of Stress and How it Affects Your Wellbeing
- Optimal Coping Techniques
- Increasing Productive Time
- Recognizing Stress Triggers and How to Manage Them

2

## Understand Emotions

- What is Emotional Intelligence?
- How to accurately perceive emotions and understand emotional meanings
- Manage your self-talk and negative feelings/ emotions towards a situation or person
- Recognise your 'hot buttons' and how it can affect you and others

3

## Tools for Managing Emotions

- Learn techniques to cope with stress and manage emotions
- Discover how to manage emotions in the workplace
- Recognise and respond to others' feelings appropriately

4

## Action Planning and Reflection

- Reflection
- Monitor and manage your emotional bank account
- Set your emotions goals
- Put into practise



Delivery of modules will be geared towards audience level.



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Contact us at  
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to register this workshop for your employees today



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