

Emotion Regulation: Managing Our Emotions at the Workplace and in Everyday Life

It is okay to experience positive and negative emotions. Emotions help us communicate, motivate us, and help us make sense of situations.

We often think that it is the situation that makes us upset, but have you wondered why different people can feel differently about the same situation, and react to it differently?

Join this webinar to learn how to understand our emotions and to learn how to manage our emotions.

Learning Objectives

- Understanding what are emotions and how are they beneficial
- The importance of emotion regulation
- Application: tips and strategies to manage emotions effectively

Content Outline

Unlocking the Power of Emotions : How Your Feelings Can Fuel Your Success

- Defining Emotions: what it means, benefits, and how are they formed

Mastering Your Emotions : The Key to a Balanced and Fulfilling Life

- Understanding emotion regulation: its definition, importance and benefits

Emotional Intelligence : Tips & Techniques for Taking Control of Your Feelings

- Modify the situation: Knowing and modifying your triggers
- Reframe your thoughts: Reframing unhelpful thoughts to positive affirmations
- Practise mindfulness:
 - Five senses grounding exercise
 - Progressive muscle relaxation
 - Visualising a calming place