

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

In this 3-hour interactive workshop, participants will explore the science of emotions and their role in everyday life and the workplace. They will examine the importance of emotion regulation, identify their emotional triggers, and learn practical strategies to manage emotions effectively. Through guided discussions, self-reflection, and experiential activities, participants will gain actionable tools to strengthen emotional awareness, enhance self-control, and foster healthier interactions with others.

Learning Objectives

- Understand what emotions are and how they are beneficial.
- Recognise the importance of emotion regulation in personal and professional contexts.
- Apply practical tips and strategies to manage emotions effectively.

Content Outline

Unlocking the Power of Emotions

- Defining Emotions: what it means, benefits, and how are they formed
- Understanding common misconceptions about emotions
- Exploring the benefits and purpose of emotions
- *Activity: Self-reflection: Understanding What Your Emotions Are Telling You*

Understanding Emotional Awareness and Regulation

- *Activity: Self-Awareness & Emotional Responses*
- Recognising emotional triggers and response patterns.
- Understanding emotion regulation: its definition, importance and benefits

Practical Strategies for Regulating Emotions

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