

A circular orange icon with a white person silhouette and the text "Personal Skills" below it.

Personal Skills

ENABLING YOU to achieve a healthy and successful work-life balance with necessary life skills.


Healthy EMOTION MANAGEMENT

How is your mood today? What are you feeling now?

Human beings are naturally wired with complex emotions. Every day, our emotions change according to the external and internal conditions. What is more, stressful situations are increasingly common in this day and age.

These emotions not only affect ourselves, but also affect the people around us. Since our emotions have an impact on the people around us, it becomes our responsibility to manage our emotions well. Failure to do so would undermine our professionalism at work, destroy relationships at home and at work, and even develop emotional trauma to ourselves.

Through this interactive workshop, our goal is to enable you to improve your work and personal relationships with this important life skill. Using real-life case studies and practical, cogitating hands-on activity, you will learn how to better manage your reactions, process the situation and strategically respond appropriately for different situations with an ultimate goal in mind.

A graphic featuring a large orange circle containing a quote, with several smaller grey and black circles of varying sizes arranged to the right and above it.

“
Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it.”

– Vincent van Gogh



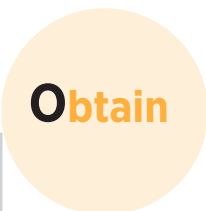
“CLOSE” – Training Approach



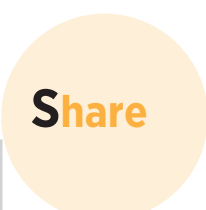
the situation, challenges & root causes



to theories, explanation & principles



new concepts, values & principles



thoughts, methods & experiences



new methods, solutions, attitudes & principles

Who should attend?

Anyone who is interested to better manage their emotions are welcome to attend this course.

A Certificate of Completion will be awarded at the end of the course.

Objectives:

- This course will show you how to:
- Develop an understanding of emotional management and its benefits.
 - Embark on a self-discovery journey, becoming more aware of yourself and how you react and manage your emotions in various situations.
 - Master skills to regulate and gain control over your emotions.
 - Learn how to articulate your emotions using the right behaviors and language.
 - Develop an action plan to strategically respond efficiently to different stressful and urgent situations.

Outline (2days – 16 hours)		
Day 1	Session 1:	About emotions and the 4 dominant negative emotions.
	Session 2:	Anger: How to deal with anger?
	Session 3:	Fear: How to deal with Fear?
Day 2	Session 4:	Guilt: How to deal with Guilt?
	Session 5:	Shame: How to deal with shame?
	Session 6:	Transformation of the 4 dominant negative emotions.

About Us:

EP-Academy is founded with the aim of helping individuals and organization maximize their growth and potential through life-transforming principles and skills. We believe that positive attitude and character, accompanied with knowledge and professional skills can truly change a person and make a company success.

“WISDOM” is the essential idea that drives our brand and sums up what we offer to our customers. Believing that everyone has the ability to reach their potential and climb up their ladder of success, we are determined to Enable People with the cutting-edge skills and competencies! WISDOM consists of our Valuable Courses, Exceptional Training Approach and a Supportive Cloud LMS.