

# Understand and master your emotional skills

## Description

This training will allow you to acquire the tools and methods necessary to maintain control of your emotions at all times and in all circumstances. It will give you the practical means to remain fully effective during emotional or delicate situations.

## Course Content

### Emotions and their impacts

- Cognitive theories of emotions
- External and internal stimuli
- The pleasant and harmful consequences of emotional states: on oneself and on others
- Stressors and emotions
- Sympathy, empathy and antipathy
- Emotions determine action or inaction

### How to identify your emotions and their consequences?

- The Event-Thought-Emotion-Behavior dynamic
- Our thoughts are the source of all our emotions
- Energizing emotions: joy, pleasure, calm, serenity, satisfaction, motivation
- Unpleasant emotions: anxiety, fear, sadness, regret, hostility, guilt, depression, discouragement
- Emotional stress adapted (useful) and inappropriate (harmful)
- The effects of emotions on our relationships and communications
- The constructive and harmful consequences
- Spontaneous thoughts

### How to manage your emotions?

- Manage emotional stress
- Channel your stress through the choice of your reactions
- Coping positively with pressures
- Be assertive rather than run away, be passive or attack
- Motivate yourself positively by giving up our negative and unrealistic thoughts
- Maintain a rational attitude and realistic perceptions
- Treat situations according to emotional levels
- Defuse our emotions and those of others

### Practice controlling your emotions

- The practical tools for controlling your emotions
- The confrontation of thoughts causing harmful emotions
- Specific confrontation questions
- The relaxation technique: positions and approach

### Develop a personalized action plan

- Set and design cognitive and behavioral progress goals

## **Lab / Exercises**

- Tests
- Exercices
- Mises en situation sur cas
- Plan d'action individuel pour s'entraîner aux techniques de gestion des émotions

## **Documentation**

- Digital courseware included

## **Participant profiles**

- Anyone wishing to better recognize their emotions and better manage their emotional stress

## **Prerequisites**

- No prerequisites

## **Objectives**

- Know the emotions and their impacts
- Identify positive and negative emotions
- Channeling emotional stress
- Controlling emotions by confronting thoughts
- Practice relaxation techniques

## **Niveau**

Fondamental

## **Classroom Registration Price (CHF)**

800

## **Virtual Classroom Registration Price (CHF)**

800

## **Duration (in Days)**

1

## **Reference**

ORG-EMOT