



Emotional Awareness Training

Emotions are a fundamental part of being human and some can argue is a trait or attribute that makes us as human as we can be. They can be used as powerful motivators and sources of energy that can allow people to perform their tasks and regular processes with more gusto, or hinder a person while performing certain tasks.

The workspace environment is a challenging place for the human mind. By its very nature it's a high-stress environment with constant social interaction, heavy crunch moments from overbearing deadlines, constant and taxing labor; physically, mentally, or others, or being forced into a high stress environment for some unlucky professionals. This can cause immense strain on the human mind and as a result cause emotions to run high. While these in of themselves are no bad thing, the wear and tear of the workplace can sometimes cause trouble when a fault occurs or a comment is dropped. This session will help build emotional awareness in employees.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

Gain insights into emotion

In this session, participants will learn the core fundamentals of emotion and have a satisfactory and serviceable grasp on its concepts via tried and proven methods and/or experimental procedures derived from intensive research and study in the relevant fields.

Gain emotional self-awareness and self-control

This session will expose the participants to the opportunity to experiment and utilize strategies for high stress environments which will allow them to maintain their composure despite of the external factors, while also giving them the lessons and methods they need to properly express these withheld emotions and avoid unpleasant interactions to happen in the workplace and beyond.

Empathise with and see emotions in others

During this session, participants will know how to recognize indicators of emotional duress in others and contingency plans for when they need to confront and negotiate with these individuals.

Learn emotional etiquette in the workplace and other social situations

Next, participants will learn about the obfuscated rules in the workplace and methods and strategies to keep themselves and their emotions under control even in a high-stress environment.

Undertake behavior, decision-making, and consequence training

In this session, participants will learn about how emotion can play a powerful role in decision making, and how emotional duress can adversely affect one's ability to make decisions, and what such emotionally charged choices can do in the long term.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725