



Managing Emotions in the Workplace

All professionals know that companies thrive when there are multiple ideas and personalities working together to achieve a much higher goal. However, with this diversity of attitudes, other problems can arise. It is a known fact that some employees tend to be rather temperamental, others may be more inclined to work alone despite the nature of a team-based job, while others still may generally just rub up others the wrong way. Even further, goals and everyday pressure may take a toll on the general and emotional well-being of employees. If left unresolved, these problems may result in high employee attrition rates, lowered team morale and generally poor productivity. In certain cases, it can even seep into customer bases and therefore affect not just the profitability of a company, but its reputation.

This training course is designed to help teams deal with negative emotions in the workplace, stress and ultimately help spread positivity throughout the workplace, allowing for a better work environment and sustained productivity.

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.

This one-day workshop will help you teach participants how to:

- Know the emotional states of others through body language
- Apply key conversational techniques
- Learn about anger management
- Learn how to deal with workplace violence and abuse

Understanding Stress in the Workplace

In this session, participants will understand stress in the workplace such as identifying its causes, categorize common symptoms, discern difference between positive stress and negative stress in the workplace and more.

A Closer Look at Feelings and Emotional Well-Being

In this session, participants learn how to recognize one's own feeling and emotional well-being.

Communicating or Controlling? Balance or Ballistics?

During this session, participants are taught how to understand others emotion by putting oneself to someone's position.

Rituals—Managing Emotions in the Workplace

This session will focus on identifying rituals that presently exist in the life of the participants and classify rituals according to purpose.

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