



## Workplace Negativity Training

Welcome to the Workplace Negativity Training.

Emotions are part of what make us human and as a result are always present in whatever environment we find ourselves in and influence our interactions. Certain emotions such as happiness and anger for example can give people the energy they need to perform certain tasks from hard labor to more thinking tasks, while sadness and depression can take away energy and therefore reduce one's capacity to perform any form of work. Positive and negative emotions can be generated by one's self and the environment one finds themselves in, and as already stated, can influence performance greatly.

This session will help provide your team strategies and methods to deal with negativity on the workplace. Whether it is dealing with emotions, negative communication or negative self talk, this course has it all.

## **Course Overview**

You will spend the first part of the session getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

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

- Identify sources of workplace negativity
- Work around emotional hazards within the environment
- Be capable of working with difficult people
- Identify individuals suffering from office negativity
- Promote healthy practices for mental health

## **Sources Of Workplace Negativity**

To start off, participants set to learn how certain social interactions within the workplace can cause stress, how improper handling can negatively affect one's mood, and how certain objects can be negatively linked to bad interactions had in their presence.

## **Work Around Emotional Hazards**

There are ways and strategies to help mitigate these adverse effects and they range from the micro-perspective (which is to say, the workers themselves) just as well as the macro perspective (changing elements of the environment to improve people's mood), all of which will be learned by the participants in this session.

## **Be Capable Of Working With Difficult People**

Participants in this session are also given methods and strategies to reliably identify the intent of these individuals and then deal with them in the most appropriate manner possible.

## **Identify Individuals Suffering From Office Negativity**

This session participants are taught how to spot them through whatever manifestations they display, reach out to them using methods employed by experts in the field of psychology, and how to set them off on the proper course of treatment.

## **Promote Practices For Mental Health**

Participants in this session will be properly informed of the many benefits of proper mental health as well as strategies and methodologies that can assist them in their own personal mental health and how these simple acts can improve their overall mental health and hence their performance on the field.

## **Workshop Wrap-Up**

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

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