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A Different Kind of Speaker
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|---------------------------|-------|--|----------------------|
| Program Title | | “Effective Responses to Emotional Situations” | |
| Hours | 3 - 5 | Presentation Format: | Microsoft PowerPoint |
| Course Description | | A course to train your thinking to deal with emotional situations by choosing good rational responses over emotional limiting ones. Discover the secret of the “roller coaster” model and how it can make emotional situations come into perspective. | |
| Highlights | | This program will help you re-direct anger and frustration into the power of action and outcome. Participants will identify a foolproof method to choose which situations are “worth” getting upset over (taking the ride) and which ones can be dealt with by using easy to learn responses. | |
| Special Points | | Participants will: <ul style="list-style-type: none">• Create their own personal “roller coaster” strategy that will work if chosen in any emotional situation• Recognize immediate signs of losing control and be able to re-direct actions• Discover what to say to stop an encounter when you are ready to explode• Identify your strengths and weaknesses when you find yourself needing to support your position | |