Managing Emotions and Thriving Under Pressure

Emotional self-control—it makes a difference in your performance, your relationships and your overall happiness

All of us experience those moments on the job when unwanted emotions intensify. You may get upset with colleagues who don’t do their jobs. Or frustrated with bosses who give you more work than you think you can handle. Or angry with yourself because you didn’t stand up to a pushy co-worker. Emotions like these are normal. It’s what you do with them that can lead to problems—at work and at home. Losing your temper, overreacting and getting stressed out can get in the way of positive relationships—and profoundly affect your productivity and well-being.

This exciting new program will teach you an amazing, systematic process for developing “emotional self-control.” You’ll gain a tremendous amount of insight into disruptive emotions and impulses that make you feel out of control and helpless, and learn how to rein them in. The tools and strategies you’ll learn to use will minimize daily work stressors, improve your performance, earn you greater respect—and make your life more fulfilling and enjoyable.

3 key benefits of attending this workshop …

1. You’ll become crystal-clear about emotions—what role they play in your life, where they come from and the many ways (good and bad) of expressing them.

2. You’ll examine the professional cost of emotional ups and downs—how they affect everything you do and don’t do … from dealing with stress to handling crises.

3. You’ll learn how to make choices, better choices—by practicing self-discipline and emotional self-control in every difficult situation.

ENROLL TODAY and improve the way you deal with self-defeating emotions, behaviors and habits

Enroll on-line at www.skillpath.com or call toll free 1-800-873-7545
This workshop will change your view of your emotional world—and your life:

In one day you will …

- Learn how to recognize when what you’re doing is not working and stop doing it
- Better understand the role emotions play in your life, especially painful ones like anger, guilt and shame
- Learn to experience your emotions more fully, while at the same time controlling their expression more deliberately
- Build self-control and willpower by increasing your awareness of how you make—and avoid—choices
- Look at your relationships—with your colleagues, family and friends—and learn how better emotional coping skills can create stronger ties
- Let go of the need to resist workplace change and begin to appreciate the opportunities it presents
- Realize how to stop your thoughts from becoming destructive when you’re angry and upset
- Gain a sense of personal power that comes from learning to successfully adapt to your changing emotional states

You’ll also learn in-depth about …

- 5 traits every emotionally “in control” professional possesses
- The E-factor: Overcome draining emotions and regain your energy and zest for life
- Wanting to change a habit isn’t enough—here are 5 steps for turning your “wish” into action
- How to give yourself the most wonderful gift of all—the ability to choose your emotional response on the spot
- How to stop worry from spiraling out of control
- Reinterpreting events that would normally cause you to “lose it”
- What to do when you feel you’re going to blow up
- Dealing with workplace changes you have no control over—the secret to “going with the flow”
- Why some people thrive on the feeling of being overwhelmed
- 4 steps for turning “follow-through” into one of your best habits
- Maintaining your new emotional sanity by living the simple life
- How to stay on an even keel—a new systems approach to managing demanding work responsibilities

Negative emotions are often the underlying cause of poor relationships, low productivity and overall job dissatisfaction

That’s why it’s important to deal with the problem correctly—and promptly. This workshop will give you the strategies to …

- Choose how you respond to difficult situations and people

  When you refuse to stay locked into patterns of overreacting—patterns that produce the same outcomes you are trying to avoid—your confidence will grow. And you’ll achieve more.

- Keep anger from damaging relationships

  Sure, you get mad when someone blames you, criticizes you or talks behind your back. This workshop will take you to the very source of your anger, explore your attitudes about it and show you how to use anger constructively.

- Behave positively when things don’t go the way you expected

  Lack of control is a key issue that triggers intense emotions in many people. By stepping back from the situation and looking at the big picture, you will let go of your need for control and—at the same time—feel like you have more of it.

- Maintain emotional clarity in the midst of change

  Resistance to new processes, new leadership and new structures is often based on the fear of letting go of old, familiar and safe ways of behaving. This workshop will help you confront that fear and move on.

- Eliminate behaviors and habits that work against you

  Procrastination, lack of organization, perfectionism—these behaviors often contribute to the inability to complete projects and get things done. We’ll show you how to avoid the immobility such habits cause and build momentum that keeps you on the right track.

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