

# Coaching to Emotions

Since every human being has emotions, we can predict that emotions play a huge part in our problems and the solutions to those problems. Emotions are present and are human characteristics. Culturally, the voidance to recognize emotions is simply a reflection of how we have overlooked the importance of emotions. We have been focused on logic, reason and thinking and for a long time we have believed that this is where answers are to be found. Human beings are now realizing the importance of emotions in thinking, reasoning, decision-making, leadership and relationships. We are finally acknowledging that just like other human activities such as sleeping, eating and breathing, emotions are non-discretionary. We may be able to choose to some degree when or how we do these things but we do not get to chose if we do them. They are part of what makes us human. We are emotional beings. This is a two-day workshop.

## What will students learn:

- What are emotions
- The potential of emotions
- How to understand emotions
- How to coach your own emotions

## What Topics are Covered?

- ✓ Ontological centers of intelligence
- ✓ Emotions are interpretations
- ✓ Emotions can happen more than one at a time
- ✓ Emotions and their pre-dispositions
- ✓ Shifting emotions to change the action
- ✓ Distinguishing between emotions and moods

## What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion