



BUILDING EMOTIONAL RESILIENCE



Program Summary

This program is designed to provide the mindset & tools to handle the daily difficulties that arise from working with other people in time-pressured, power-imbalanced environments. Nervous system resets, letting-go rituals, & boundary-setting scripts are some of the tools taught in this important program.



Program Objectives

- Understand how building emotional resilience contributes to a happier and healthier experience at work and at home.
- Identify common workplace triggers and explore the origin of our feelings.
- Learn what the science tells us about how emotionally draining events affect our nervous system.
- Understand how negative stories we tell ourselves about triggering events keep our nervous system heightened.
- Reframe negative events as learning opportunities.
- Learn quick techniques to calm our nervous system
- Bounce back quickly after disappointments and setbacks.
- Set and communicate reasonable boundaries.
- Learn to say 'no' when there is no capacity for extra work.
- Speak up constructively if boundaries are crossed.
- Practice to the art of 'never taking anything personally.'
- Have a daily or weekly practice of letting go of resentments.

PARTICIPANTS

Team members working:

- In busy, hectic environments
- In high-stress environments
- With people who lack people skills & are low on empathy

LENGTH

Half-Day

TOPICS

- Emotional Resilience
- Workplace Triggers
- Neuroscience
- Reframing events
- Boundaries
- Speaking up
- Letting go