

Exploring EMOTIONS



In the current challenging style of living, keeping calm during moments of stress and making rational decisions has become tough. Emotions, at times, can wreak havoc and hijack the thinking mind especially when the situation involves significant people or events. Why can some people manage it with composure and how can I train my brain to respond assertively to such challenges?

- ▶ Introduction to emotions
- ▶ Thought-Emotion-Behaviour triangle
- ▶ Changing the perspective
- ▶ Acceptance & regulation strategies

Format: One Day (6hrs) Online/ Onsite

Participants: Not more than 35 persons

Requirements: If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- ▶ Laptop with sound and video projection
- ▶ White board
- ▶ Chart paper
- ▶ Writing materials

Cost: Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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