



## ***Is How We Feel Really Important?***

Emotions are a natural and integral part of who we are and they affect our behaviors in all environments, including the workplace. Learning to recognize and understand the value of emotion, along with emotional triggers, is essential to good overall organizational health. In this workshop participants will learn to:

- 1 Treat emotions as a natural reaction to the environment
- 2 Identify and name personal emotions
- 3 Identify emotional triggers in self and others
- 4 Transform emotional responses into constructive communication