Authentic Leadership
international

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As seen on...

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Working Your Emotions at Work

Which emotions do you feel have the most obvious place in the work space? Passion? Joy? Do these seem like obvious emotions for leaders?

What about emotions like fear and anger? Do you think these emotions play a role in the most successful people's emotions at work? All emotions can be valid and useful in the workplace. It's about getting the most out of the emotions in the office in three steps.

That is precisely what this presentation does.

In this program, you will:

- Become more aware of ways you let emotions stand in your own way at work
- Discern what your particular emotions are telling you about yourself, or others
- Realize the vast array of emotions at your disposal
- Embody the aspects of that emotion that will help you to get where you want to be
- You'll be inspired to become aware of the vast array of emotions at your disposal and to embody the appropriate emotion to create more of the results you want.