



Managing Emotions in the Workplace

During the course of a work day, many events occur that may trigger negative emotions. At times, we may feel anger, frustration, disappointment, dislike, sadness or anxiety. It can be tempting to *let it all out* (i.e. cry, swear or shout), but expressing heightened emotions in the workplace can be damaging to our job or working relationships. For greater interpersonal success at work (and at home), we must better manage our emotions. This seminar will help expand our emotional vocabulary, identify stress-reduction techniques, and demonstrate ways to effectively express ourselves before reaching our emotional boiling point.

Presented by your Employee Assistance Program, offered through AllOne Health

Date: April 11, 2012

Time: 10:00 am – 11:30 am

Presenter: Cally Ritter

Location:

Duxbury Free Library
Merry Room

77 Alden Street
Duxbury, MA 02332

Contact:

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781-934-2721

To Register:

Go to www.emiia.org and click on "Rewards Seminar Registration"

1.800.451.1834