



# REAL *Program*

## Emotions Management Training Program with Practical Applications

In the contemporary business world, the greatest challenge isn't just confronting external challenges but also fortifying the internal capabilities of employees to face these challenges. Emotions, if mismanaged, can be a significant obstacle to productivity. But if handled right, they become a powerful tool to amplify positive interactions and creativity.

**Our comprehensive training program, designed for both companies and individuals, is rooted in scientific techniques stemming from the latest research in psychology. This encompasses strategies at individual and organizational levels, such as CBT (Cognitive Behavioral Therapy), Emotion-Focused Therapy (EFT), the Mercedes techniques, Cognitive Behavior Management, and Positive Thinking Therapy.**

## What You Will Learn?

- ★ **Awareness of Emotion Techniques:** Building emotional intelligence and enhancing interpersonal relationships.
- ★ **Self-Empowerment through Emotional Control:** Effective strategies for managing and navigating one's emotions.
- ★ **Expression of Emotion:** Learning healthy ways to articulate feelings and maintaining emotional balance.
- ★ **CBT Mechanisms:** Cognitive strategies to respond and cope with stress and challenges.
- ★ **10 Thinking Distortions:** Identifying and rectifying common cognitive biases that affect decision-making.
- ★ **Breathing Techniques:** Enhance focus, alleviate stress, and achieve emotional equilibrium.
- ★ **Emotion-Focused Body Scan:** Understand the physical impacts of emotions and how to utilize them productively.
- ★ **GROW Coaching Model:** Framework for goal setting, problem-solving, and personal development.
- ★ **Validation and Empathy Scale:** Mastering the art of empathy and using it to strengthen interpersonal dynamics.
- ★ **Over 10 Techniques for Daily Emotional Release:** Strategies to manage feelings and keep emotions in check day-to-day.
- ★ **Safety Plan Construction:** Crafting proactive plans to navigate emotionally charged situations.
- ★ **Personality Types Using the DESK Model:** Exploring the link between personality and emotional reactions.

## Methods & Techniques

blend of experiential learning

practical worksheets

personality assessments

video presentations

group activities

in-depth discussions

## Why Should Your Organization Enroll?

Whether you're in banking, HR, leadership roles, community organizations, customer service, healthcare, or even volunteering, our training caters to all, ensuring enhanced emotional management leading to superior outcomes.

Equip your staff with this indispensable skill and witness a transformation in performance and overall productivity. Choose our Emotion Management Training Program. Transform the way emotions shape your business landscape.

**The Emotion Management training program is spread over 4 days, totaling 12 training hours.**

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