

Managing Emotions Under Pressure

Improve your relationships — at work and at home

All business is people business. Like it or not, your career depends on how people feel about you — and whether or not they support you.

Yet relationships are fragile. One cross word, bad mood or mishandled conflict can damage a relationship deeply.

Here's your chance to develop the steady self-control people respond to and respect. The system taught in this seminar is simple — and proven. It can help you live a happier and less stressful life, starting the very next day.

Who will benefit most ...

- Managers and supervisors
- Team, workgroup and project leaders
- Team members

As a result of this training ...

- You'll have fewer conflicts in your life. People won't be able to "push your buttons" anymore. You'll feel strong, confident and positive.
- You'll have higher self-esteem. Self-esteem has more to do with who you are than what you achieve. You'll discover the crucial difference at this seminar.
- You'll get more done, with less effort. You'll approach projects with more motivation and mental clarity.
- You'll enjoy life more. If you believe life is better when you're in control, then this seminar is for you.

Key learning points ...

- Respond with a level head, even when you're ready to "blow a fuse"
- Adapt to workplace changes — even those that are hard to swallow
- Stick with tough challenges when solutions don't come easily
- Follow through on plans ... turn "good intentions" into reality ... and meet more goals
- Develop the steady self-control it takes to stand up for yourself and deal with conflicts positively
- Break on-the-job habits that hurt you, such as procrastination and disorganization
- Bring more discipline into your personal life — creating healthier routines and relationships

Fred Pryor Seminars/CareerTrack, divisions of Park University Enterprises, Inc. is an approved provider of Continuing Education Units (CEUs), credits approved by the Project Management Institute (PMI)®, the HR Certification Institute (HRCI), and the National Association of State Boards of Accountancy (NASBA). This course qualifies for 6 CPE and 6 PDUs credits. For more information, visit our Continuing Education page.

Program Agenda

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Stay calm and productive under pressure

- Learn how best to respond to other people's outbursts and rampages
- Use proactive (vs. reactive) strategies in stressful situations
- Eliminate bad habits — and replace them with constructive behaviors
- Confront people and issues you've been avoiding — so conflicts don't stew silently
- Respond to irrational thinking productively and break the pattern

Break the habits that hurt you

- Avoid overreacting emotionally and hurting relationships both at work and at home
- Kick habits that hurt you, such as procrastinating, overeating, being disorganized and avoiding conflict
- Learn how to stay calm and clearheaded when you start to lose your temper
- Remain powerful and effective when you're upset and feel the tears well up
- Say "no" easily and effectively when you crave food that is bad for you
- Learn how to stay productive and positive when you feel overwhelmed

Master the elements of self-discipline

- Learn how to express anger by choice and in a way that achieves a positive result
- Discover ways anger can be used appropriately and effectively
- Eliminate overreactive behaviors and replace them with reasonable behaviors
- Understand the built-in resistance you have to change
- Identify and take the steps to produce long-term behavior changes

Realize behavior and performance change

- Learn behavior modification skills that people will notice — and will likely want to copy themselves
- Turn your intentions into reality by generating the power and intensity within yourself
- Take ownership of your emotions and your reactions
- Learn the two core components of self-esteem and how to use them to build yours
- Improve performance through behavioral changes in yourself, your employees and others