

Elevating Emotional Intelligence And Resilience

With Catie Kirke

Program Outline

Full Day Workshop

Please send an enquiry for the next program

Understanding emotional intelligence and resilience and their impact on the workplace

Recognising the amygdala hijack and staying calm under pressure

Understanding the difference between emotions and feelings

Dealing with challenges and bouncing back from adversity

Applying the practice of mindfulness to self-regulate and manage stress

Being empathetic and at the same time assertive and authentic

Feeling optimistic, composed and able to cope with life's roller coaster ride



Maximum 12 and minimum 8 participants

Price includes workbook and refreshments

Venue: A.R.T Your Life

2 Kahlin Ave, Larrakeyah, Darwin

Interested in this workshop being held outside of Darwin?

Let us know.