



Mike Roberts
President, PDS

"Give me one day with your people, and I'll give you employees you can count on in tough times."



Managing Your Emotions

Surviving and Thriving Under Pressure

Emotional self control makes a difference in your work performance, your relationships and your overall happiness. During this powerful workshop you´ll gain a tremendous amount of insight into disruptive emotions and impulses that make you feel out of control and helpless. The tools and strategies you´ll learn to use will improve your performance, earn you greater respect and make your life more fulfilling and enjoyable!

Workshop Agenda

- **Emotions—where they come from and how they affect you.**
- **Learn how to eliminate behaviors and habits that hinder success.**
- **Take control of anger and other strong emotions.**
- **Stay positive and productive in the midst of workplace change.**

Experience These Benefits

- ✓ How to see situations and people the way they really are—without distortion or judgments.
- ✓ Overcome draining emotions and regain your energy and zest for life.
- ✓ How to give yourself the most wonderful gift of all—the ability to choose your emotional response on the spot.
- ✓ How to rewire your brain and stop overreacting—for good.
- ✓ Replacing patterns of distorted thinking with "reality thinking."
- ✓ Scientifically proven ways to remove stress and the symptoms associated with it.
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"Your unique style is entertaining, and at the same time it is impossible for a person to leave one of your sessions without feeling motivated and inspired by what they have learned."

Pamela Stephens, President
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