



BECOME PARTNER WITH YOUR EMOTIONS !

SEPTEMBRE 30TH





AGENDA

- Recognize
- Accept
- Express
- Manage





WE ARE ALL HUMAN BEINGS



Reflexion
Ideas
I think that...

Emotions
Motivation
Mood
« I feel that... »

Target
Actions
« I do
something »



Head



Heart

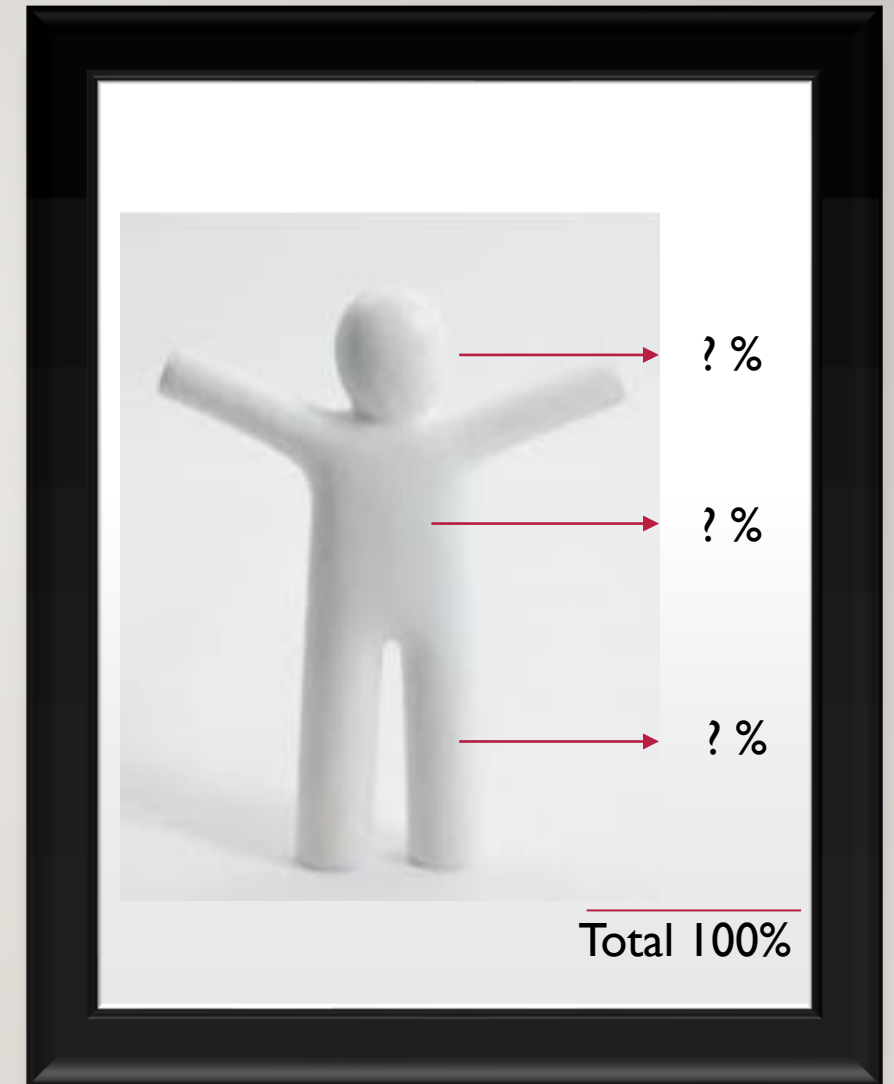


Body



WHAT ABOUT YOU AT WORK ?

How do you function ?





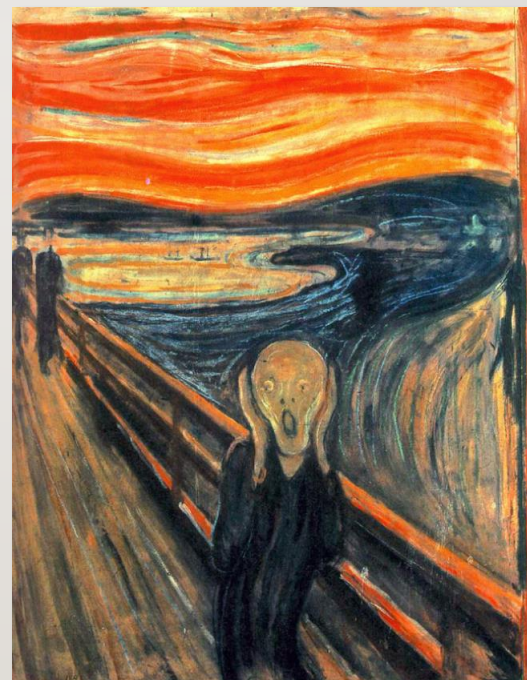
THE 4 BASIC EMOTIONS



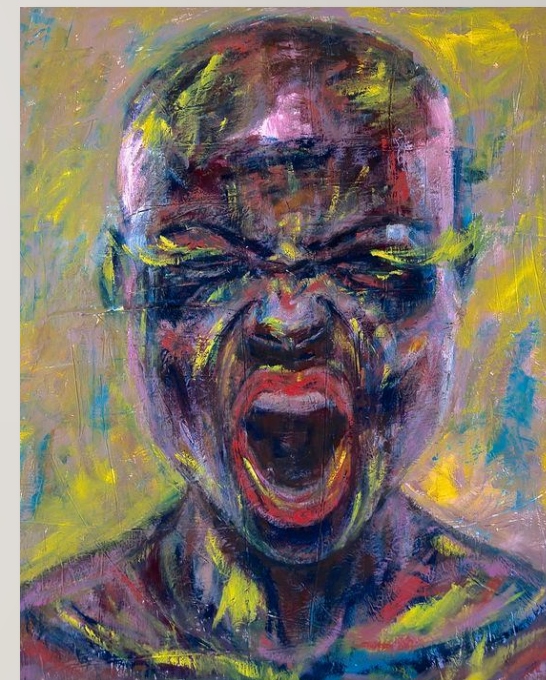
Joy



Sadness



Fear



Anger



ON A DAILY ROUTINE AT WORK,
WHAT MAKES YOU JOYFUL ? SAD ? AFRAID ? ANGRY ?



JOY



Happiness Starts with a Smile - YouTube



SADNESS





WHAT DO YOU
FEEL WHEN
LOOKING FOR
SOMEONE WHO
IS CRYING?





FEAR



<https://www.youtube.com/watch?v=XKC3oM5gFw4>



ANGER



<https://dai.ly/x70b3bt>



ACCEPTATION

“What depends on you, is to accept or not accept what doesn’t depend on you”

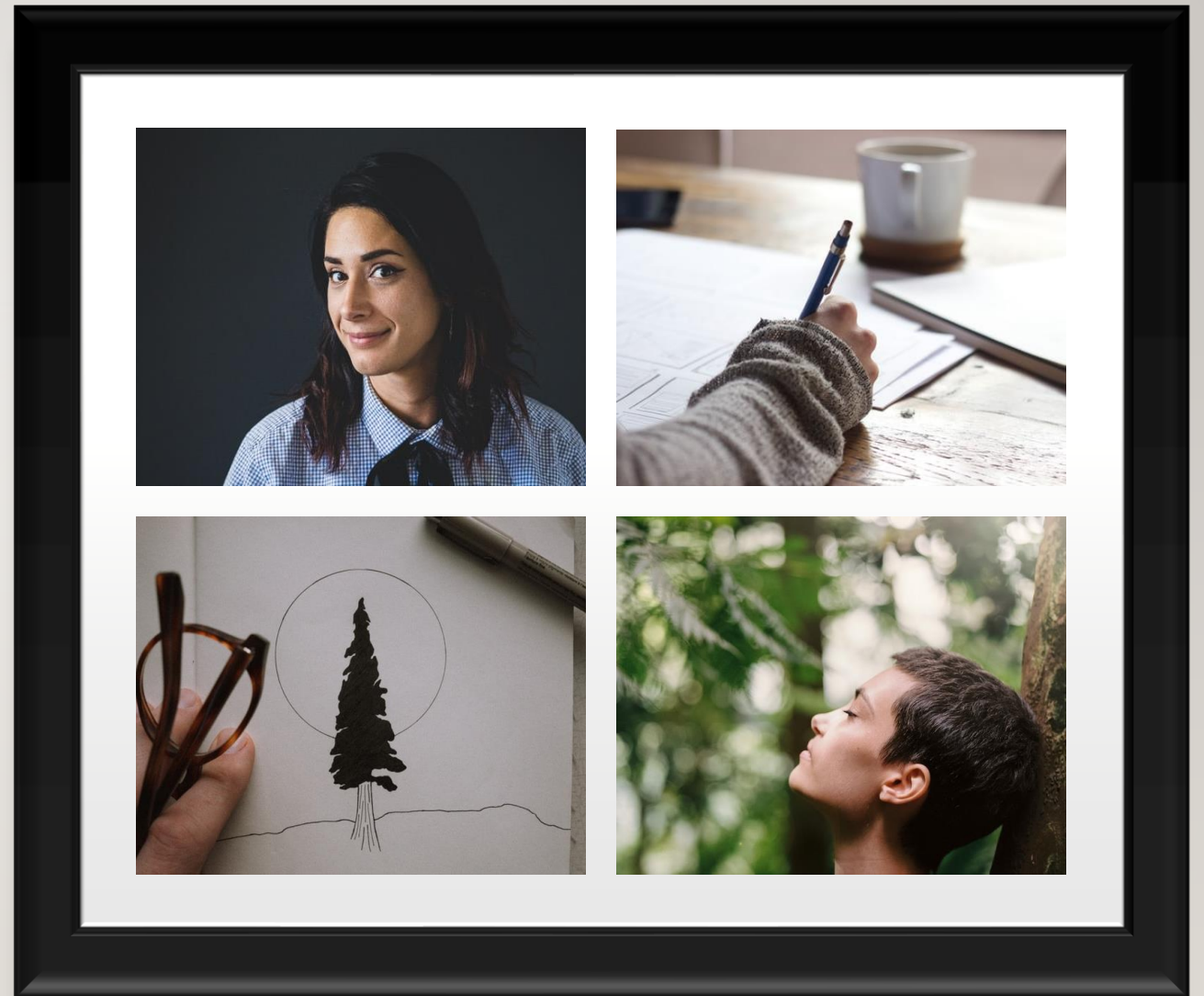
Marc-Aurèle





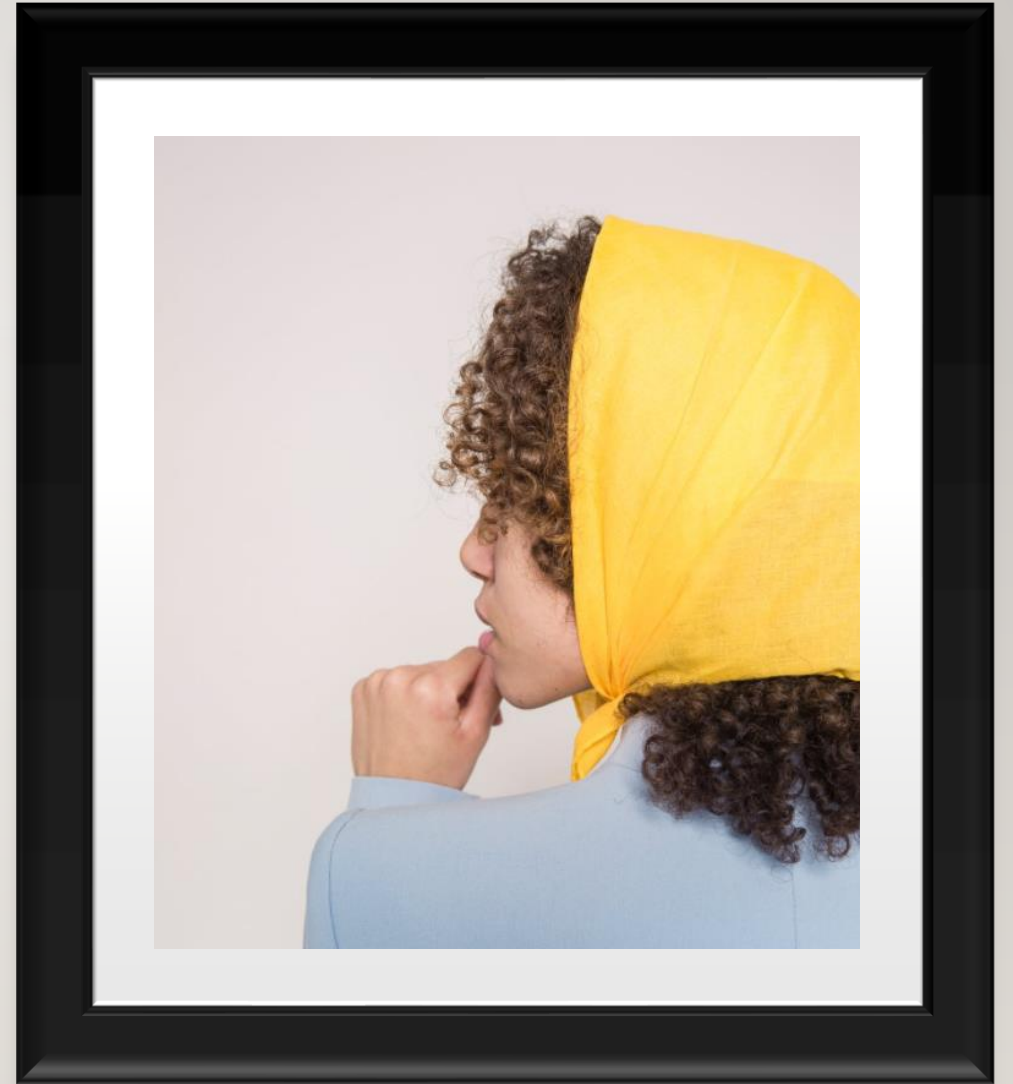
HOW TO EXPRESS EMOTIONS ?

- TELL
- WRITE
- DRAW
- BREATH
- ...





WHAT DO YOU REALIZE ?





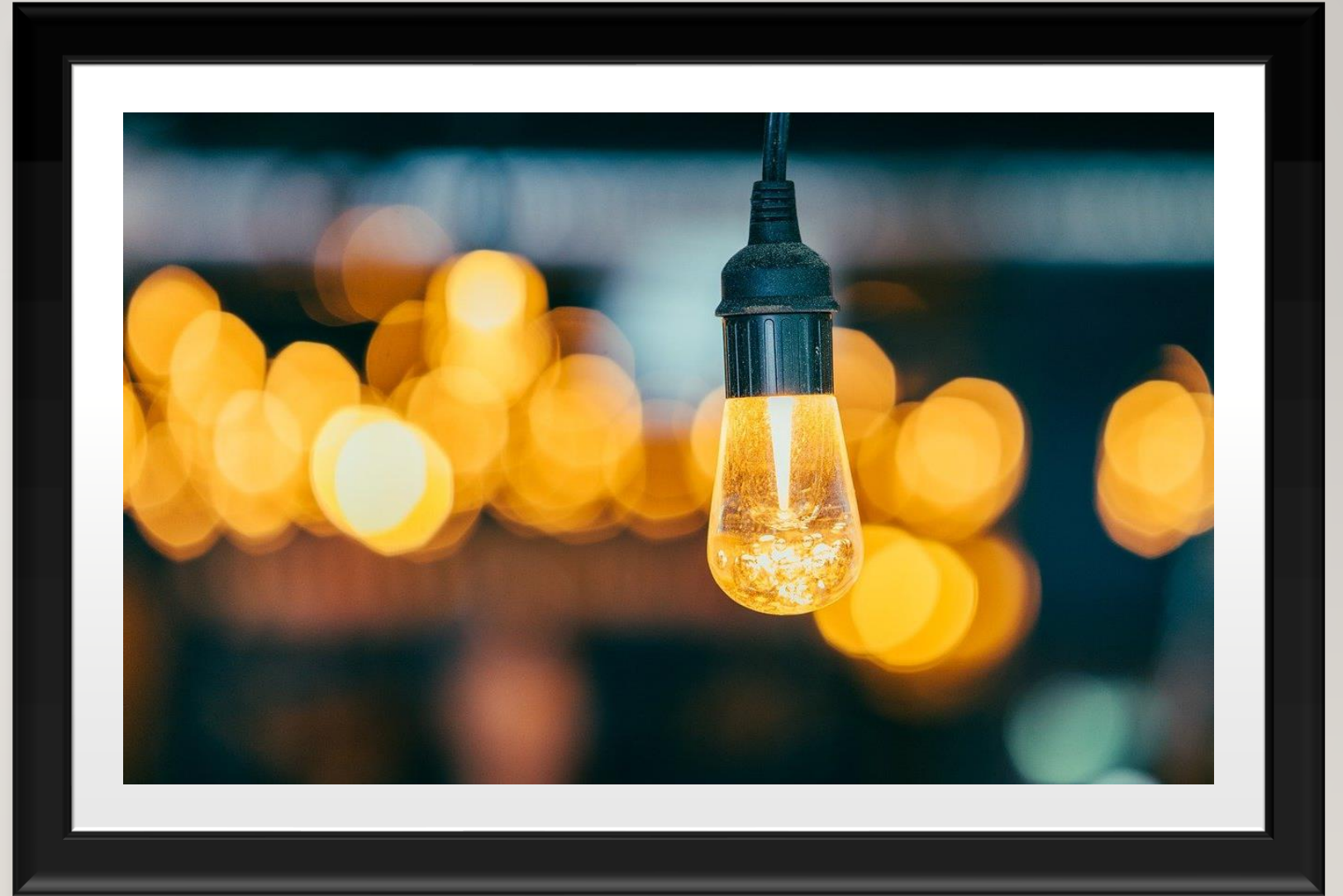
YOUR PERSONAL ACTION PLAN

2 or 3 actions with a starting date !



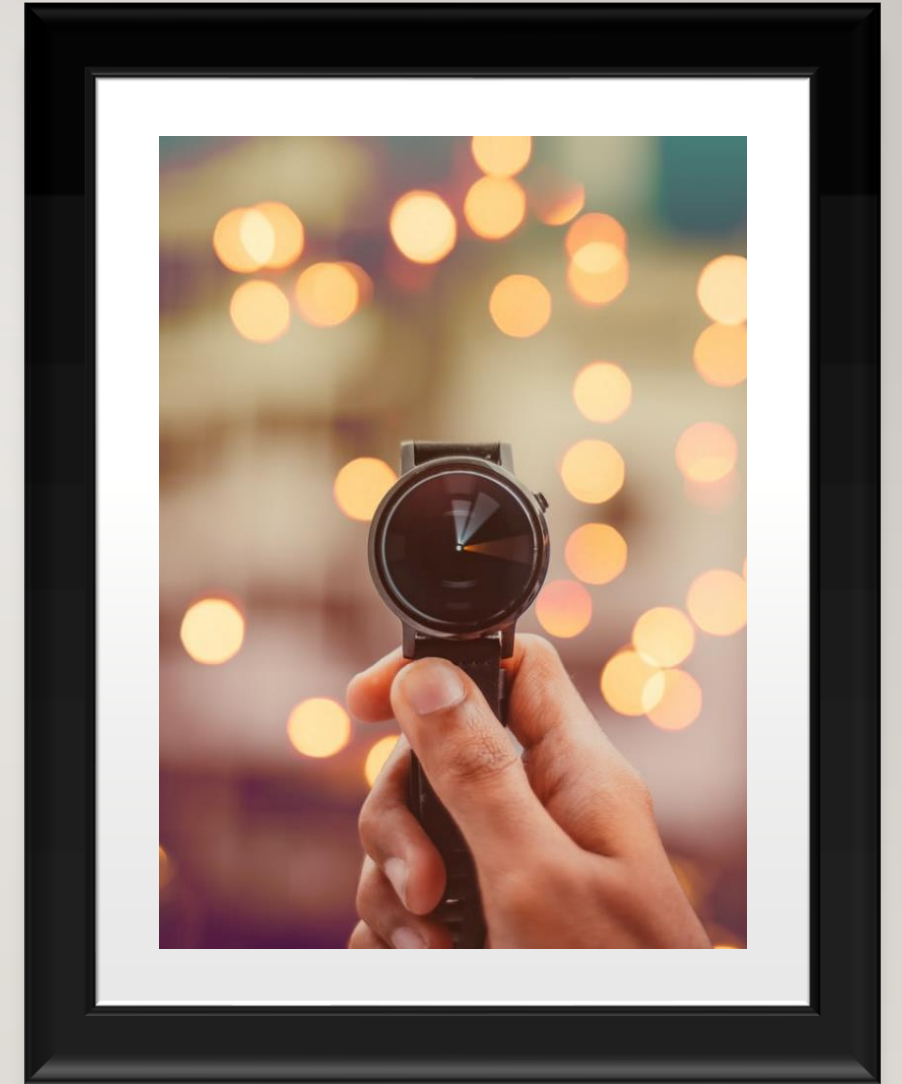


QUESTIONS





YOUR CONCLUSION WORD





THANK YOU AND SEE YOU SOON !

- October 7th : Ramping Up Mindfulness
- Alexia Saulais Coaching SAS
- Coaching by zoom
- [Https://alexiasaulaiscoaching.com](https://alexiasaulaiscoaching.com)
- Infos@alexiasaulaiscoaching.com



REFERENCES

- Réguler ses émotions pour mieux décider - HBR (hbrfrance.fr)
- Ron Gutman: Ron Gutman : le pouvoir secret du sourire | TED Talk
- The Health Benefits of Tears | HuffPost Life
- Is crying good for you? - Harvard Health
- Dr Lauri Nummenmaa (de la faculté des sciences d'Aalto en Finlande)
- e-conférence : « How to boost my energy daily? » – Renouveau et Democratie (renouveau-democratie.eu)
- Video : Happiness Starts with a Smile – YouTube
- *Video Dare Change :*
<https://www.youtube.com/watch?v=XKC3oM5qFw4>
- *Video Je suis donc tu es :*
<https://dai.ly/x70b3bt>