

# WORKING WITH EMOTIONS



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## **Possible Challenges?**

Allowed to address some of emotions but not all  
Feeling humiliated in front of a senior audience

Losing the temper and being labelled as hysteric

Feeling afraid to speak up

Experiencing harassment and not daring to speak up

→ **Learn how to address them**

→ **Embrace & Work with YOUR Emotions**

**Listen**

**Label**

**Learn**

**Leverage**

