WORKING WITH EMOTIONS

Dr. Silke Mischke

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