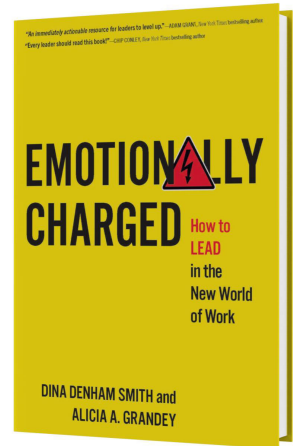





Thriving Through Intense Demands

Gameplan

- The New World of Work
- Emotional Labor
- Strategies for Performance *and* Well-being




“calm, cool, and collected”



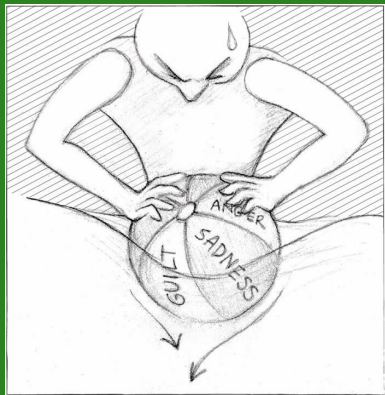
The work we do to display the "right" feelings at work



Breakout



How does emotional labor show up for you at work?



Reflect: What are your emotions trying to tell you?

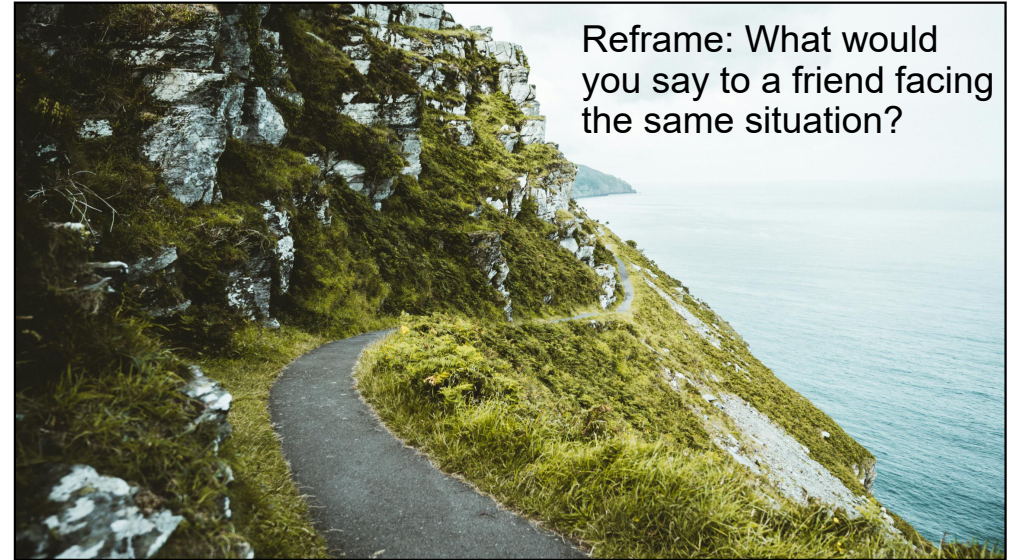


Breakout

Reflect on a recent emotion you've felt at work:



- What was the emotion?
- What message might it have been trying to send to you?
- What does it reveal about what matters to you (i.e., your needs, values, boundaries)?



Reflect on a recent situation that was challenging or stressful:



If a friend shared this with you, what would you say to them? How can you show yourself the same kindness?

The people who need a break the most are the least likely to take it





Thank You!

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DinaDenhamSmith