

PassionWorks! Use Your Emotions to Succeed at Work



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no. 219-16

Duration 1.00 day(s) | 6:00 hours ¹

Website link <https://pmctraining.com/training/passionworks-use-your-emotions-to-succeed-at-work/>

How to Thrive Emotionally During Challenging Times

How are you feeling while working these days? Do you feel like you have influence or agency over those emotions? Or are you feeling like circumstances dictate your mood?

This program gives you the science behind and the practices in support of diagnosing and creating your emotional experiences at work. The result is more satisfaction, joy, and peace in times that frequently trigger less positive emotions.

Learning outcomes

By the end of this workshop, you will be able to:

- Monitor your emotional health at work
- Adapt to situations in an emotionally healthy way
- Sustain passion in your work without losing yourself
- Redirect cynicism and skepticism towards realistic optimism
- Lead yourself and others in connecting to meaning and progress
- Transfer good ideas into concrete actions
- Gain agency over the triggers that result in destructive emotions
- Finish your day with more energy than you started it
- Understand what drives your colleagues emotional experience at work

Workshop topics

Emotional Assessment

- Identify the emotions that are dominating your working experience
- Identify the factors that are triggering your emotions at work

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Plan for positively impacting your emotional triggers

Meaning Principles

- Connect the inputs of your work to values and competencies
- Connect the outputs of your work to mission and objectives
- Create personal and professional aspirations

Progress Principles

- Match expectations with constraints
- Set and track input and output indicators
- Celebrate internal and external progress markers

Transform Inertia

- Eliminate destructive coasting behaviours
- Remove feelings of boredom in work tasks
- Shift feelings of cynicism and procrastination into meaningful action

Overcome Burn Out

- Reign in obsessive work practices
- Stop rushing around and spinning your wheels
- Build resilience habits that sustain peak performance

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

All leaders and individual contributors.