

# How to Manage Your Emotions Before They Control You

Are you able to control your anger or frustration at work? Do you keep your feelings bottled up inside and blow up later? Are you managing your emotions or are your emotions managing you?

Numerous studies have shown that job stress is the major source of stress for working adults and the amount of stress has escalated over the last few decades.

These studies show that 87% of workers worldwide are emotionally disconnected from their workplace and are unlikely to be productive; 25% of workers reported they feel like screaming because of job stress, and many are concerned about a colleague at work becoming violent.

At this workshop, learn tools that will help you manage your emotions that lead to job stress. Practise how to express yourself openly and honestly and build better relationships. By managing your emotions and balancing your physical, mental and spiritual aspects of your life, you will do better at work and in your personal life.



## How you will benefit

By the end of the workshop, you will:

- Identify the causes of your workplace stress.
- Understand the connection between perception, emotion and stress.
- Learn to balance the physical, mental and spiritual aspects of your life.
- Better manage your emotions at your workplace and at home.
- Be able to create a better working environment that has less stress.

## What you will learn

What you will learn in this workshop:

- Identify common causes of stress in your workplace.
- Determine your levels of work-related and personal stress.
- Recognise how you contribute to your own levels of stress.
- Understand the connection between perception, emotion and stress.
- A closer look at your feelings and emotional well-being.
- Techniques to manage your emotions and stress.
- Create an action plan to manage your emotions and stress and be more successful at work.

## Who should attend

Managers, executives and business professionals who want to be able to manage their emotions and not let their emotions control their life and their career.

## What participants say about the workshop

"Informative and well-presented." *Director, Community Service Organisation*

"Course is useful. The information presented is something that I can use straight away."  
*Lecturer, Polytechnic*

"Now I know what I can do when I get stressed up by my boss and colleagues. Interesting workshop." *Technical Officer, Statutory Board*

## **AWS workshops**

AWS workshops will help you become more productive at work. You will learn proven techniques that will help you solve problems faster, be more creative, and think more effectively.

## **Some of our clients**

AIA Insurance, American Express Bank, Berjaya Group (Malaysia), Central Provident Fund Board, DBS Bank (Hong Kong), DBS Bank (Jakarta), DBS Bank (Singapore), Glaxo Smith Kline, Housing and Development Board, Inland Revenue Authority of Singapore, Infineon Technologies, Intercontinental Hotel Group, Keppel Land, Keppel Shipyard, Land Transport Authority, Micron Semiconductors, National University of Singapore, Prudential, RHB Bank, Singapore Airlines, Singapore Technologies, ST Aerospace and Temasek International.

## **About the trainer**

Wong Peng Wai is a management consultant and corporate trainer.

An affable and engaging trainer, Peng Wai has conducted many workshops on change management, time management and systems thinking for companies and statutory boards. As a consultant, Peng Wai has done more than thirty large projects on change management, information technology, banking systems and human resource planning.

Before starting his training company, Peng Wai was head of investment banking technology at Citibank N.A. and consulting manager at Union Bank of Switzerland.

Peng Wai has a Master of Business Administration (UK) and a Bachelor of Engineering plus certifications in systems thinking and systematic innovation.

For more information, contact AWS PTE LTD • [www.aws.com.sg](http://www.aws.com.sg) • Email: [info@aws.com.sg](mailto:info@aws.com.sg)

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## **Workshop Registration Form**

### **Managing Emotions: How to Manage Your Emotions Before They Control You**

Date: \_\_\_\_\_ Time: 9:00AM to 5:00PM

Venue: \_\_\_\_\_

Fee: \_\_\_\_\_

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

To register for the workshop, please fill in the Registration Form and email it to us at [info@aws.com.sg](mailto:info@aws.com.sg).

AWS PTE LTD/AWS TRAINING reserves the right to cancel a workshop due to insufficient enrolment or unforeseen circumstance.