

Managing Emotions: How to Succeed and Not Fall Apart

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.
- 62% of workers find they end their work day with neck pain, stressed-out eyes, and difficulty sleeping.
- 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 succeed and not fall apart emotionally in their professional and personal life.

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.

What participants say about our workshops

“Improved my productivity immensely.” *Manager, Berjaya Group*

“They should have taught me this long ago.” *Operations Manager, Port of Singapore Authority*

“I’ve never been so interested in all the courses I’ve attended.” *Vice President, DBS Bank*

About the trainer

Wong Peng Wai is a management consultant and corporate trainer.

An affable and engaging trainer, Peng Wai has conducted hundreds of workshops on change management, time management and systems thinking in Singapore, Kuala Lumpur and Jakarta. 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.

With a M.B.A. and a B.Eng., Peng Wai is a certified trainer in emotional intelligence and cognitive sciences.

For more information, contact AWS PTE LTD • www.aws.com.sg • Email: info@aws.com.sg

Workshop Registration Form

Managing Emotions: How to Succeed and Not Fall Apart

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.

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