

Personal Coaching

1

- How emotionally intelligent are you ?
- Beliefs and assumption about emotions
- Identify and understand emotions

2

- Nonverbal emotions
- Manage your emotions
- Manage people's emotions

3

- Persuade and influence
- Persuade and influence
- Cut your losses
- When you don't like someone

4

- When you angry
- The power of the positive
- Procrastination and guilt
- Give bad news