

# Team Building: Emotional Connections

*Learn to navigate through your own as well as your teammates emotions in our 3-day Team Building: Emotions Connections workshop. Teams will develop a greater understanding for emotional intelligence and better connect in group dynamics.*

## Topics covered:

- The Five Agreements
- Communication
- Emotional Intelligence
- Validation
- Managing Your Reactions
- Boundaries
- Gossip, Anxiety & Anger
- Shame v Guilt
- Managing Stress
- Problem Solving
- Goal Setting
- Professionalism and Work Ethic
- Time Management
- Conflict Resolution in the Workplace

**Call, email, or text  
to book today!**



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