

Team Building: You and Your Emotional Tribe

Improve your teamwork and interpersonal skills by better understanding your emotions and how you cope with them. During this 3-day program participants will learn how to identify their emotions, manage their reactions, and strive for better outcomes.

Topics covered:

- Personality Type
- The Five Agreements
- Effective Communication
- Emotional Intelligence
- Validation
- Managing Your Reactions
- Boundaries
- Gossip, Anxiety & Anger
- Conflict Resolution
- Managing Stress

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



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