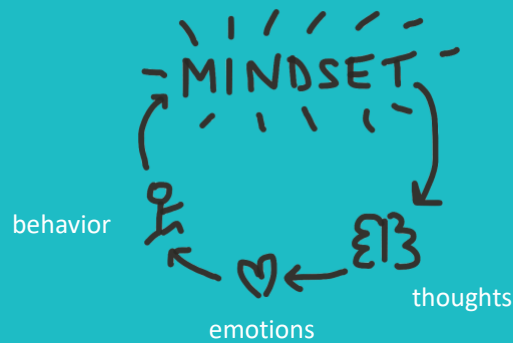


J&J Wellbeing Program
Workshop 4: Managing your emotions - WORKBOOK
With certified coach Desi Jagger

Change starts with your mindset



Johnson & Johnson

Desi Jagger
THE CHANGEMAKERS COACH

3 steps to manage your emotions

1. Become aware of your feelings, connect with your body
2. Release your emotions
3. Communicate your emotions in a constructive manner

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Desi Jagger
THE CHANGEMAKERS COACH

Top Tips for communicating emotions healthily

- Be specific
 - “When you presented my report as if it were yours, I thought it was unfair and I felt unappreciated”
 - vs “You always take credit for my work!”
- Selective vulnerability
 - “I went to the doctor yesterday and I am worried about my health”
 - vs describing every detail
 - vs saying nothing but looking worried and not focusing

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THE CHANGEMAKERS COACH

1. BECOME AWARE OF YOUR EMOTIONS (MINDFULNESS EXERCISE)

How would you describe the weather inside of you right now?

What are the characteristics of the season this week?

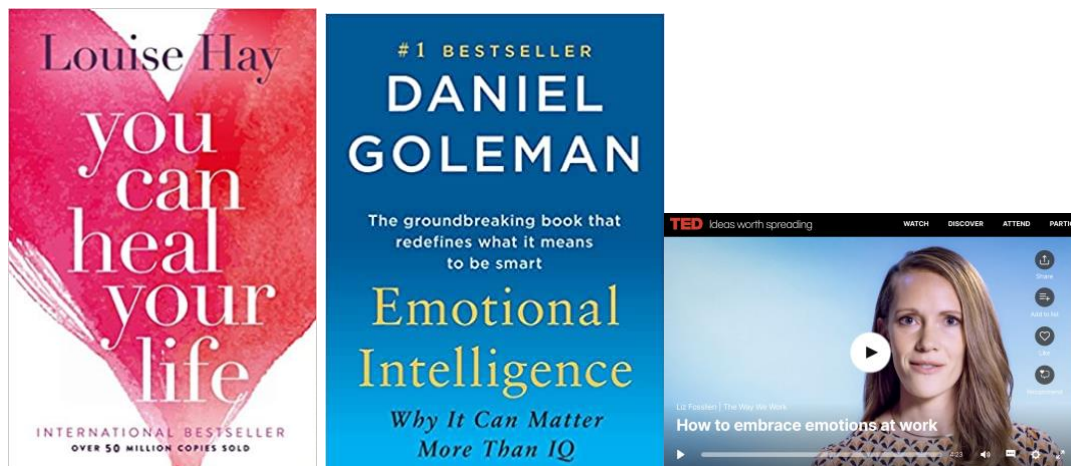
What has been the climate of your life so far?

Johnson & Johnson

For questions and free coaching consultations,
email desijagger@gmail.com

Desi Jagger
THE CHANGEMAKERS COACH

RESOURCES



TED video – How to embrace emotions at work

https://www.ted.com/talks/liz_fosslien_how_to_embrace_emotions_at_work?language=en

ACCOUNTABILITY (TO COMPLETE BEFORE THE NEXT SESSION)

Watch the TED video “How to embrace emotions at work”

Where do you stand on the 'sharing of emotions' scale? Where do your team stand?

Who is a good role model for selective vulnerability at work?

What are you learning about emotions at work?