

# MOLLY POTTER

*emotional literacy & wellbeing*

## **Improving emotional literacy and self-awareness in the workplace.**

As much as we like to pretend that emotions don't impact on us in the workplace, they actually play a large part in the way we interact, how motivated we feel and how happy we are to turn up each day! This training day focuses on the impact our different emotional responses can have in the workplace and explores ways of improving self-awareness so that our responses increase in flexibility.

The course covers:

- What is good emotional literacy?
- A reflection on our own emotional conditioning
- Personal triggers within the workplace
- How to develop emotionally literacy so that our responses are more resourceful
- A look at the variety of defensive behaviours
- Assertiveness – when and how to use it

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## **Personality Preferences and communication styles**

Based loosely on the 'Big Five' and the Myers Briggs Personality profiling, Molly explores the strengths and weaknesses of each preference and how it impacts on planning, focus and communication within work tasks. This interactive session usually creates many 'penny drop' moments for participants!

This course covers:

- A chance to reflect upon individual preferences and likely 'types'
- Demonstrations of how each type approaches tasks
- The positive and negative impact these preferences have on communication
- Possible areas for development as a team

Molly has delivered these training sessions to a variety of organisations – within educational settings and elsewhere.