**压力与情绪管理：职场复原力Stress and Emotion Management**

**Duration: 2 Days**

**Price: 5280 Yuan**

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| **Mar** | **May** | **Jun** | **Aug** | **Sep** | **Dec** |
| 10-11(SH)  24-25(BJ) | 12-13(CD)  24-25(SH) | 20-21(BJ) | 8-9(SH)  16-17(CD)  23-24(SH) | 13-14(BJ) | 13-14(BJ) |

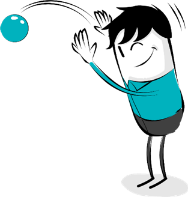
**参与对象**

\* 管理人员 \* 希望提高工作抗压能力的专业人士

**课程目标**

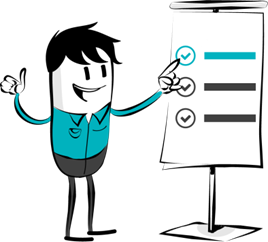
本工作坊通过团队引导、欣赏式探询、自我评估等学习活动，带领学员分享和体验职场积极心理学、压力情绪管理等实用理念、技巧和工具，从而帮助学员掌握一整套系统提升职场幸福力和管理压力情绪的方法。

4 R E A L

**课前热身**

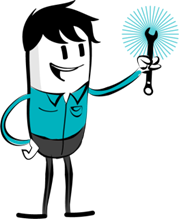
1、压力现状测试

2、e-Learning – MH190 情绪对工作的影响

**面授内容**

**1. 职场幸福力**\* 什么是职场幸福力\* 什么引发了职场幸福感?\* 带来职场幸福感的特殊现象“心流”（Flow)\* 谁拖住了“幸福感”的后腿？——压力**2. 压力与情绪管理**\* 认识压力和压力管理  - 什么是压力  - 职场压力来源  - 叶杜二氏法则  - 压力曲线的启示  - 压力管理的三种方法     > 改变你的处境    > 改变你对处境的反应——情绪管理    > 改变你对处境的认知——思维模式 \* 改变你的处境——人际和问题处境  - 高峰访谈  - 赞赏的魅力改善职场处境  - 金三角提问工具\* 改变你对处境的反应——情绪管理  - 识别情绪  - 理解情绪  - 表达情绪：FENR法  - 管理情绪：    > 转化法    > 情绪疏解生理、心理小偏方\* 改变你对处境的认知  - ABC原理  - 改变参照物  - 支持系统练习  - 改变不合理的固有信念  - 植入积极信念

**课后巩固**



1、岗位助手 - 实现从培训知识到职场应用的跃迁（图文结合的学习小卡片） 2、e-Learning - M192 理解情绪失控的情形、M193 理解并积极表达你的愤怒 3、拓展阅读

**Program Outline：**

**1. Well-being in workplace**\* Introduction of the well-being in workplace\* What can bring the well-being in workplace?\* The FLOW:  the special phenomenon of workplace happiness \* Who hold the "happiness" back? - pressure**2. Emotion and Stress Management**\* Understanding Stress: Cause and physiology  - Understanding of stress mechanism and definition   - Stress Cause  - Yerkes-Dodson model   - Inspiration of stress curve  - Three methods of stress management:    > Managing the environment for well-being at work    > Managing the emotion for well-being at work    > Managing your perception\* Managing your environment (managerial environment /interpersonal environment )  - Peak interview  - Optimizing workplace interpersonal environment through appreciation  - The golden triangle tool of questioning\* Managing the emotions  - Identifying the emotion   - Understanding the emotion   - Expressing the emotion in a professional approach: FENR    - Managing emotion:    > Transformation method    > Physiological and psychological methods of soothing emotions\* Managing your perceptions  - ABC principle  - Changing the reference  - Supporting system practice   - Changing the irrational beliefs  - Implanting positive beliefs