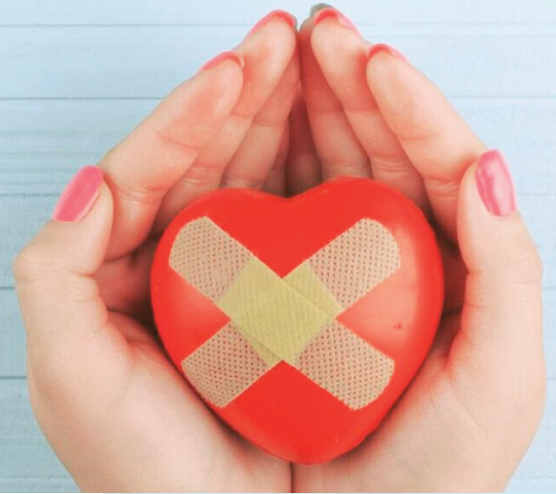




EMOTIONAL FIRST AID WORKSHOP





Introduction

We have all been taken over by strong emotions at some time. Be it anger, fear or grief, these strong emotions seem to have a control over us and make us incapable of rational thought and logic.

How do we overcome these strong emotions and restore our sense of control?

This workshop equips you with the basic knowledge to understand and make sense of your own emotion. It is through this understanding that you can develop and build a set of emotional skills and tools to tide over a challenging period and learn to care for your mental health holistically.

 6 hours

 \$120 (No GST)

 F2F / Blended

 Certificate of Participation

TOPICS

Introduction to Emotions

- What Is Emotion
- Why Do We Need Emotion

2. Emotion and Mental Health

- What Is Emotional Wound
- Stress and Coping
- Building Emotional Resilience

3. Emotional First Aid

- The Pyramid of Self-Care
- Developing a Self-Care Strategy
- Essential Emotional Skills
- 7 Steps to Emotional First Aid

Emotional First Aid is developed in clinical practical and validated by scientific study, these techniques offers a new perspective in managing our emotions and taking care of our emotional health.