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Work with your emotions, not against them [1]

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Emotions influence our behavior, and everyone has them. But when we don't recognize or understand the emotions motivating us, they can sometimes get in the way in school, at work or in team and social activities.

In the "Managing Your Emotions at Work" [3]course by Jay Fields, you will learn how to identify and manage those emotions and get work done.

In less than an hour, you will learn what emotions are, how to acknowledge them and how to manage when they impact your goals and interactions. You will also learn about self-empathy and how to properly communicate when your feelings are overwhelming. Last, this course will teach you how to meditate and proactively embrace your emotions.

Emotions don't have to sidetrack our ambitions. With the techniques covered in this course, you will understand why you have emotional reactions and walk away with tools for how to manage those emotions when they come up, so you accomplish necessary tasks and maintain cooperative relationships.

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