

PLH | PROFESSIONAL LEARNING HUB

FOR EARLY LEARNING PROFESSIONALS IN BRANT

Back by popular demand....

Emotions Change Choices - Guest Speaker Sara Westbrook

Location: Virtual Zoom Workshop

Date: Tuesday November 26th

Time 6:30 pm – 8:00 pm

Sara Westbrook
Emotional Resilience Strategist

As seen and heard on
Global 5 ROGERS 10 13 Roku

EMOTIONS CHANGE CHOICES

In today's complex work environment, the ability to navigate and rebound from uncomfortable emotions arising from difficult circumstances is vital for achieving success, both in one's professional and personal life. When you are not mindful of your emotional state, it not only impacts decision-making, it also influences confidence, resilience, well-being and relationships.

In this presentation, I share strategies to strengthen:

 Emotional Awareness Recognize the emotions felt by self and others. Gain an understanding of how emotions influence choices.	 Emotional Management Decrease feelings of anxiety and stress by learning to move through emotions in healthy ways.	 Emotional Resilience Strengthen the ability to bounce back from stressful circumstances and boost happiness.
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Not identifying, validating and releasing emotions leads to stress, burnout and emotional fatigue.

'I had the pleasure of hearing Sara Westbrook at the Community Living conference. She was powerful and passionate! Sara comes with so much energy - you walk away wanting more.'
Sherri Kroll / Executive Director / Middlesex Community Living

www.3Emotionaldevelopment.com

To register please call the Learning Hub at 519-759-3833 or email registration@eycbrant.ca