



MARIE-LINE BRUNET
THERAPEUTE PSYCHO-CORPORELLE

Managing emotions to make them an asset

3 hours Workshop

Emotions we do not listen and repress always end up suffocating us because they are simply doors to our deep needs that just want to be heard. If it is difficult for you to feel what is happening in you and to translate it into words, this workshop will help you, through many practical exercises, to get back in touch with your "feeling" and to formulate it clearly and precisely. You will then see your emotions, not as a brake or a weakness, but as a tool of self-knowledge to improve your understanding of the other and facilitate the connection.

Objectives

- Become better acquainted with one's modes of operation, the emotions most present in oneself
- Identify how the main emotions act in the body: fear, sadness, joy and anger and to which actions they bring me
- Increase your emotional intelligence by knowing how to recognize your own emotions so as not to interpret those of others
- Learn to express what you feel

Target audience

Everyone who wants to learn to understand their feelings to better manage their emotions to be able to use them as a relational asset.

Workshop program

- Identification of the dominant emotion and the main repressed emotion
- Experimentation of different emotional states through body movement
- Roleplay through expressive movement
- Emotional scenario to observe oneself
- Scene analysis to explore the path: "thought, emotion, action" related to the main emotion and repair through verbalization

Maximum number of participants

8

Fee

90 € HT/Personne