

Not taking things personally



TRAINING

How to feel less easily offended?

You are sitting in the office and hear people whispering. Are they talking about you? About your project proposal during yesterday's meeting? Or your colleague shouts, "It's your own fault!" Five words that cut like a knife. You counterattack, stiffen or walk away. The other person may not have meant for their words to be offensive, yet you feel very upset. But why? Why do you take everything so personally? Is it necessary to get upset so quickly? The answer: no, it is not necessary. So, let's do something about it.

During our training you will work with your own personal cases to discover what exactly is happening inside of you. Inside the person who is making you emotionally unbalanced. We are training in a safe framework where everyone's boundaries are respected. Next step? Depending on how heavy a remark hits you, we provide tools, insights and tips to react in an appropriate way. And to restore the relationship with the other person. Ready? Let's train that brain.

LENGTH

half a day or a full day

NUMBER OF PARTICIPANTS

between 4 and 12

LANGUAGE

Dutch or English

LEARNING OBJECTIVES

In a nutshell: what will you learn during the training?

That your ego likes to blame the other person for what you feel

The 3 emotional responses of the autonomic nervous system: fight, flight, freeze.

That when you are hurt by what the other person said, it does not necessarily mean that those words were actually hurtful.

How to shift the focus from your hurt feelings to the positive intention of the other person.

How to give empathy to the other person as well as yourself.

How to become aware of your sensitive spot and how it was created.

How to take responsibility for your own feelings and the fulfilment of your needs.

How to honestly say what's on your heart from a connecting intention.

You can opt for a half day or a full day of training. The content remains the same. However, if you opt for the shorter version, the pace will be a bit faster. During a full day of training, there will be more practical cases.

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