

# Surviving Emotions Masterclasses

## Why attend these masterclasses?

Are you working in a challenging & constantly changing system	
Would you like to learn/share experience on balancing caring for people and your wellbeing?	
Would you like to share or learn creating boundaries during stressful situations?	
Do you want to share and understand how to manage the impact of emotions in teams ?	
Do you want to share and learn from others on creating a culture of listening?	

## Dates & Times

26 April 09:30 – 11:30	14 May 13:00 – 15:00
29 April 13:30 – 15:30	25 May 12:30 – 14:30
04 May 12:30 – 14:30	08 June 10:00 – 12:00
05 May 09:30 – 11:30	16 June 10:00 – 12:00
	23 June 12:30 – 14:30

Leading during Covid has asked a great deal of us all – including the need to work with a range of emotions – both our own and from others. Additionally, many professionals are finding that working virtually has blurred the boundaries between work and home, bringing emotion into our personal sanctuaries.

Within a system under pressure, it is vital that people have a safe space to talk about how they feel – without judgement. This workshop explores how to create safe boundaries, the complexity of managing emotions – and we can just talk. This is two hours just for you, whilst talking about the messy but very human part of life – how people feel. We would love for you to join us.

To find out more and to reserve your place, please [click here](#) to visit our website.

Organised by the East Of England Leadership & Lifelong Learning Team

Facilitated by Carter Corson Business Psychologists

[www.cartercorson.co.uk](http://www.cartercorson.co.uk)