

Love Dealing with Emotionally Explosive People

Are you able to handle emotionally explosive people?
Do you want to know the secrets to managing them?

Introduction

The one with tissue-thin skin expresses frustration, sadness, or worry through tears. Or maybe you have a screamer, a table pounder who is aggressively invested in every decision. These kinds of emotional outbursts are not just uncomfortable; they can hijack your team, stalling productivity and limiting innovation. Don't allow an emotional person to postpone, dilute, or drag out an issue that the business needs you to resolve. Instead, take the outburst for what it is: communication. Emotions are clues that the issue you are discussing touches something the person values or believes strongly in. So, look at outbursts as giving you three sets of information: emotional data, factual or intellectual data, motives, values and beliefs. Since emotionally explosive people are not easy to manage, do you know the secret of how to manage them?

Program Objectives

This program aims to:

- Train participants to understand the heart and soul of emotionally explosive people
- Handle emotionally explosive people

Learning Outcomes

After completing this program, the participants should be able to:

- Understand the characteristics the weaknesses of emotionally explosive people
- Apply psychological and counselling technique to handle emotionally explosive people

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend

From executives to senior management and anyone who needs to deal with the emotionally explosive people.

Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p>The Blast Zone</p> <p>In this module, the participants would learn the characteristics of emotionally explosive people, their impact on themselves, and the people around them when there is an emotionally explosive session.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>What's Wrong with These People?</p> <p>In this module, the participants would understand the way how emotionally explosive people perceive themselves. This module focuses on their cognitive and behaviour during the session of emotional explosiveness.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Explosive into Fear</p> <p>In this module, the participants would look at the first impact of explosives to fear. The participants would also learn the psychology of fear, especially how the fear happened and create a stronger sense of awareness of all these emotions.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Basic Calming Techniques</p> <p>In this practical session, the participants would apply the breathing method to reduce stress when dealing with emotionally explosive people. The participants would learn different types of breathing in this exercise.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p>Explosive into Sadness</p> <p>In this module, the participants would look at the impact of explosives on sadness. The participants would also learn the psychology of sadness, especially how the sadness happened and how to create a stronger sense of awareness of all these emotions.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Calming the Muscle</p> <p>This session is a practical session where the participants would</p>

	learn muscle relaxation techniques. This technique helps you to manage your stress level when dealing with emotionally explosive people. The participants can also help emotionally explosive people. Biofeedback techniques would be shared in this module to manage emotionally explosive people.
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	Explosive into Anger In this module, the participants would look at the impact of explosives on anger. The participants would also learn the psychology of anger, especially how the anger happened and create a stronger sense of awareness of all these emotions.
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	Mind Changer: Emotionally Explosive Method The participants would learn cognitive behavioural therapy techniques to help emotionally explosive people. The participants would learn the ABCDE method of cognitive-behavioural therapy in this module.