



We've been through extraordinary times. Workplaces and workers are not the same.

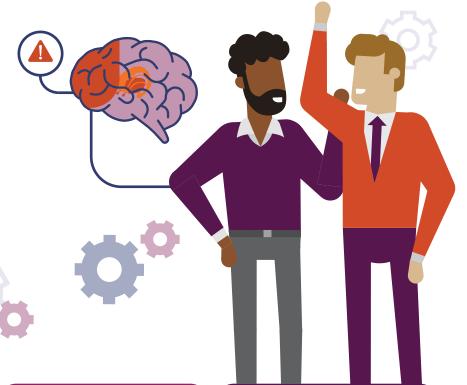
For several years now, we've watched colleagues become ill, struggle with balancing work and caregiver responsibilities, and quit in record numbers. This has led to an unprecedented increase in strong emotions, from arguments to aggression, at work from both customers and colleagues.





How it works:

CALM: The Neuroscience of Composure helps identify and reduce the problems that lead to workplace conflict. Participants learn to address all types of conflict with research-backed emotional-regulation strategies to interpret triggers from a different perspective and to defuse the flames of heated moments.



Learn to:

LABEL

threats to calm high emotions and regain cognitive control.

INTERPRET

needs to discover the core of an issue.

DEFUSE

a situation by responding productively to find solutions.

For more information:



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