



CALM

The Neuroscience
of Composure



**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.

**So how do organizational leaders best
navigate an emotionally-charged atmosphere
and keep their employees productive?**

**By developing
practical, emotional
composure skills to reduce
workplace conflict.**



Emotional regulation and conflict reduction have become essential skills for all leaders and employees. With a few simple but nonintuitive habits, everyone can help turn down the heat of strong emotions at work, reduce conflict of all types, and maintain the "sweet spot" of productivity and collaboration.



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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