Wisconsin Dairy Field Representatives Conference

Effective Management of Ourselves and other Difficult Situations

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Today’s Objectives

• Learn why the brain’s design makes it difficult to manage our emotions in emotional situations

• Identify strategies to improve management of emotions in emotional situations
The Brain

Three levels of processing

- Rational
- Emotional
- Survival

Tools for your toolbox

Most of these will take work and practice to become habits:

- Communicate with emotions as a priority.
- Balance the emotion system.
- Add positives and subtract negatives.
- Allow some annoyances.
Thank you for your time, and make it a great day!

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