

# BUILDING YOUR EMOTIONAL AGILITY AT WORK



**Advance**  
GENDER EQUALITY IN BUSINESS

Emotions are “energy in motion”. In this workshop, learn how to improve and manage your emotions in order to increase trust, improve collaboration and build stronger relationships.

Emotional agility at work is the capacity to understand and manage emotions effectively. Embracing and working with emotions at work can have many benefits including better collaboration among employees and a happier and healthier workforce. Emotions are the primary drivers of our physiology affecting both personal and team resilience. Your ability to understand, deal with and effectively use your emotional energy is vital to your happiness levels. Based on the latest research and findings in neuroscience and psychology, our workshop helps participants explore the power of emotions, create a bank of energy-giving emotions and manage emotions effectively in challenging situations.

## OUTCOMES

You will

- develop self-awareness using the depletion to renewal tool
- identify the key triggers for your emotions and devise a plan to anticipate and adapt your behavioral responses
- learn techniques to move towards energy-giving emotions
- develop strategies to manage emotions effectively both “in the moment” and for sustained performance and resilience

## Target audience

- Mid-level high potential female managers with at least 8 years of working experience and ideally 3+ years of leadership experience
- Max. 25 participants from different Advance member companies

## Format

- One day workshop (1 credit per participant)
- Additional credits can be bought for 1'100 CHF per participant
- Language: English

## Registrations

- Via the member area of the Advance website

## FACILITATION



Isabelle Bester is an executive coach and consultant specializing in energy management, talent development and team synergy. She is an expert in resilience and has worked both internationally and locally for FMCG's, medical device corporations and NGO's as well as Universities, Public Administration, Private Clinique and Hospitals. She holds various degrees in several fields including Business Administration, Communication, Coaching, Stress Management and Nutrition.



Natalie Boudou is an executive coach and facilitator working with leadership teams from a wide range of corporates and international organizations. She has also worked closely with the UN and NGO's. She started her career as a commercial lawyer and then moved into corporate communications where she held senior roles at Hitachi and the WHO. Natalie holds a Masters in International Law from King's College London and Paris Sorbonne. She specializes in emotional and positive intelligence.



## Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at [contact@advance-women.ch](mailto:contact@advance-women.ch) / [www.advance-women.ch](http://www.advance-women.ch)