



My goal:

To be able to manage my emotions (\*)

### Coaching result:

Through the system that «γνωθι σεαυτόν» know thyself coaching implements, you recognize how emotions are connected to the way you think and perceive what is happening to you and around you. You use techniques to redefine how you perceive things and learn how to reposition towards them.



(\*) not related to psychological cases requiring medical attention



System used:

Cognitive Change by K. Ochsner

Milestones in our journey:

1. Labeling

We will find the right description to identify your emotional sensation, using symbolic language.

2. Reappraisal

We will see the situation in the way that will give you a greater understanding, more likely in a more positive light, checking alternative interpretations and meanings.

3. Direct Experience

We will learn the two ways of experiencing the world and their difference & impact on emotion regulation.

When group, working in pairs is included.