

**“AND
JUSTICE
FOR ALL”**

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Feelings Are People, Too!

Recognizing and Working with Our Emotional 'Hot Buttons' when Leading Teams

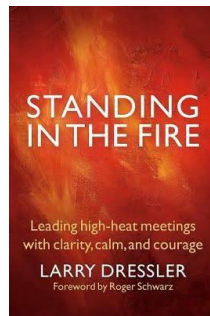
Georgia Peterson,
Natural Resources
Extension Specialist



Bonnie
Wichtner-Zoia,
Extension Educator

Advanced Facilitative Leadership

To help people become better leaders/facilitators, especially in 'high-heat' situations



Today's Goals



- Build awareness of emotions and their role in 'high-heat' situations
- Increase awareness of personal emotional triggers, or 'hot buttons'
- Practice techniques to help manage one's emotions



Discussion Questions

- What messages did you receive about feelings or emotions in your family/community when growing up?
- What messages have you or others received about feelings/emotions in the workplace or other professional settings?

What is your Hot-Button or Trigger?

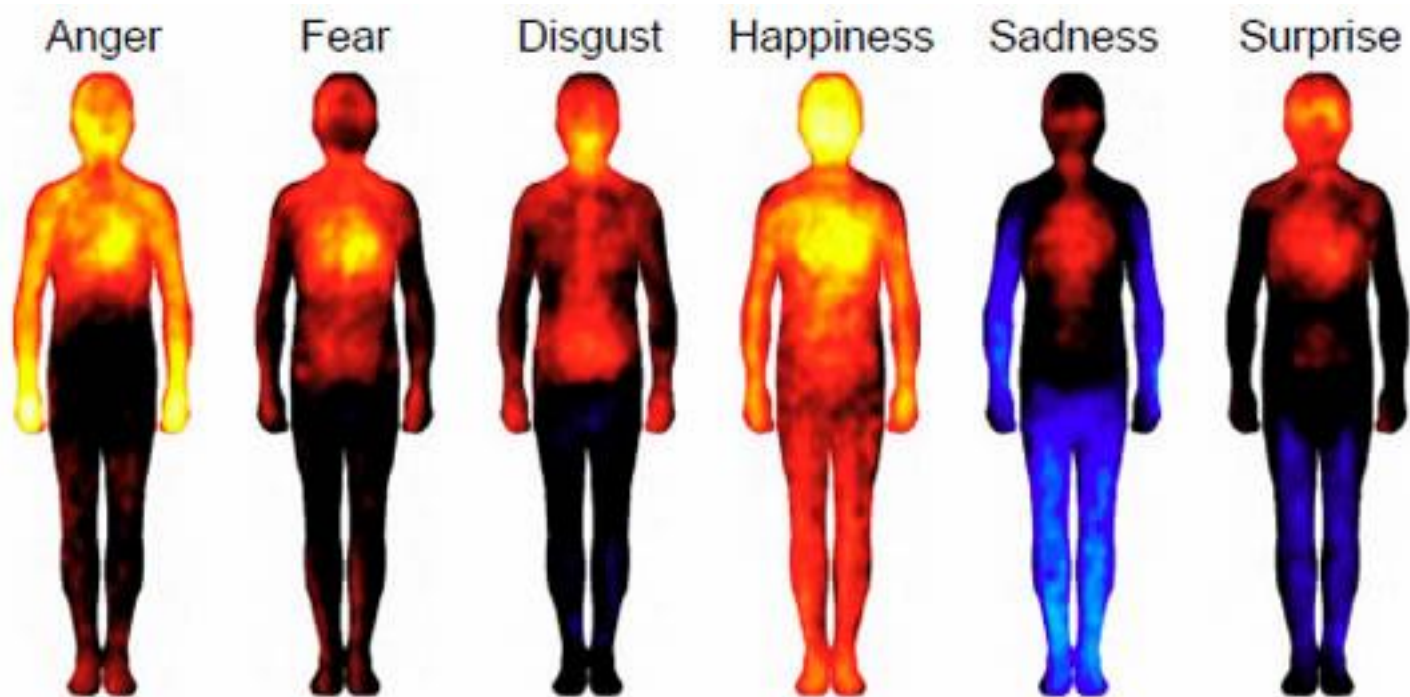
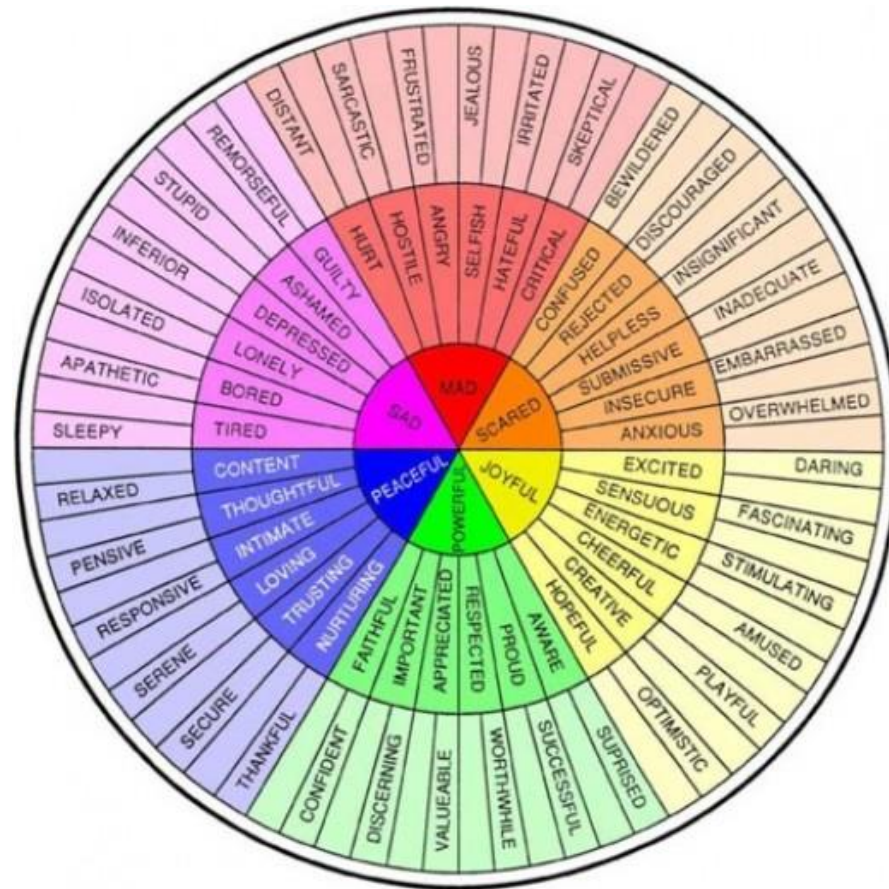


Image courtesy of Lauri Nummenmaa, Enrico Glelean, Riitta Hari, and Jari Hietane

The Feelings Wheel



Developed by Dr. Gloria Willcox, St. Petersburg, Florida

Self Awareness/Self Management Techniques

- Acknowledge the feeling
- Stand and breathe
- Ask yourself:
 - What do I want from this situation (desired outcome)?
 - What sort of relationship do I want to maintain?

Other Helpful Techniques

- Evoke an admired quality
- Change physical stance
- Reframe the situation
- Make useful distinctions (master our stories)
- Use an affirmation
- Smile!
- Any others?





Thank you!