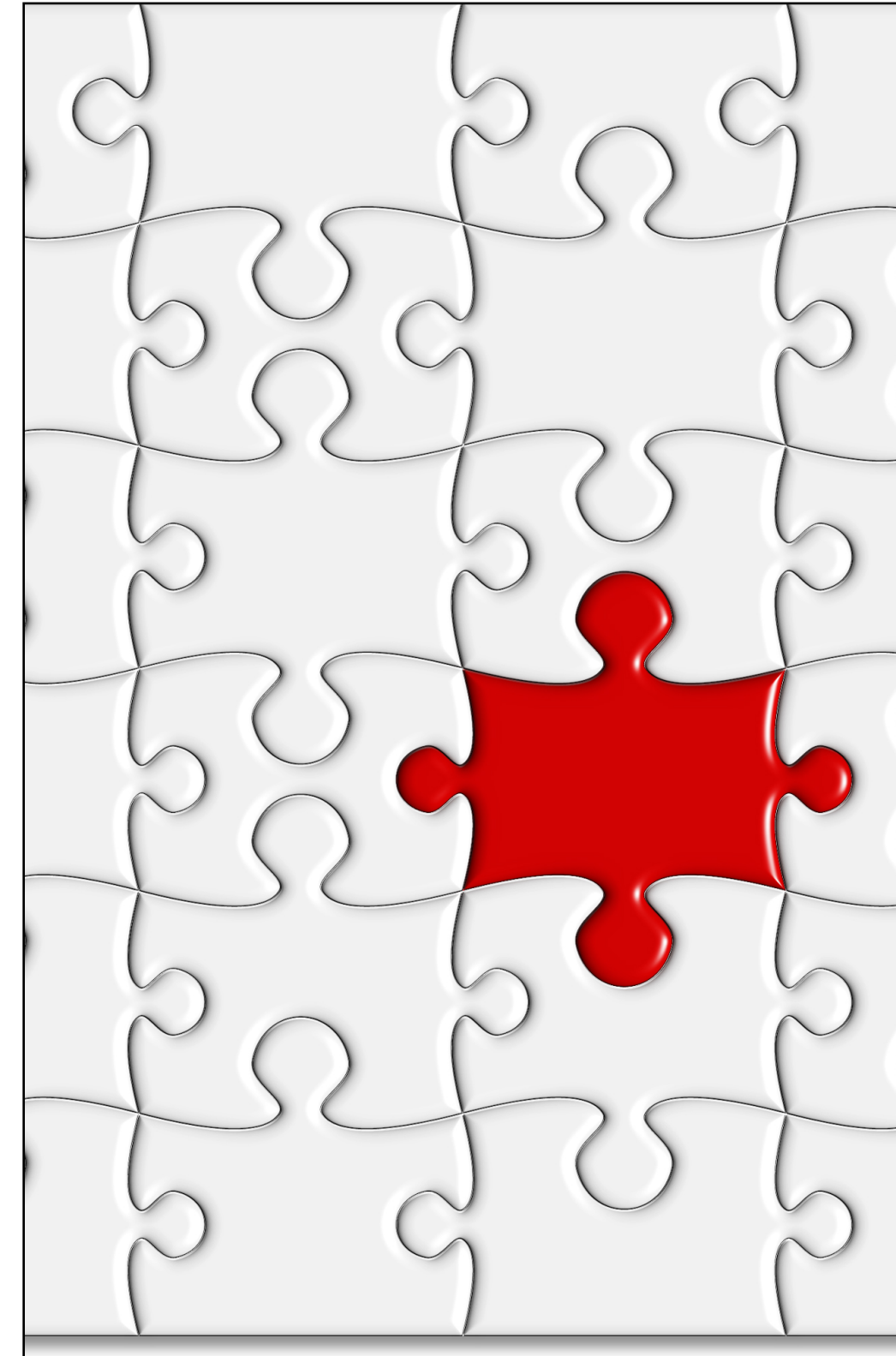


Want to feel
better? do this



Overview

- Coaching tool to manage our emotions constructively
- Coaching tools
- Presentation of the model and how to get the best results
- Group discussions
- Template & summary



Emotional
protocol

Switch on your power
to feel better

Coaching model

- It is a framework designed to tackle a specific concern/goal. They are action based and they usually increase awareness, learning and promote some type of change.
- They are based on powerful questions.
- The goal is to guide you through the process to come up with your own tailor solutions rather than telling you what to do.





What is this model?

- It is a set of 6 questions designed to deal with your emotions constructively
- Based on Cognitive Behavioural Therapy.



When to use this model?

When you want to:

- Feel better
- Explore your feelings
- Review a particular episode and increase awareness



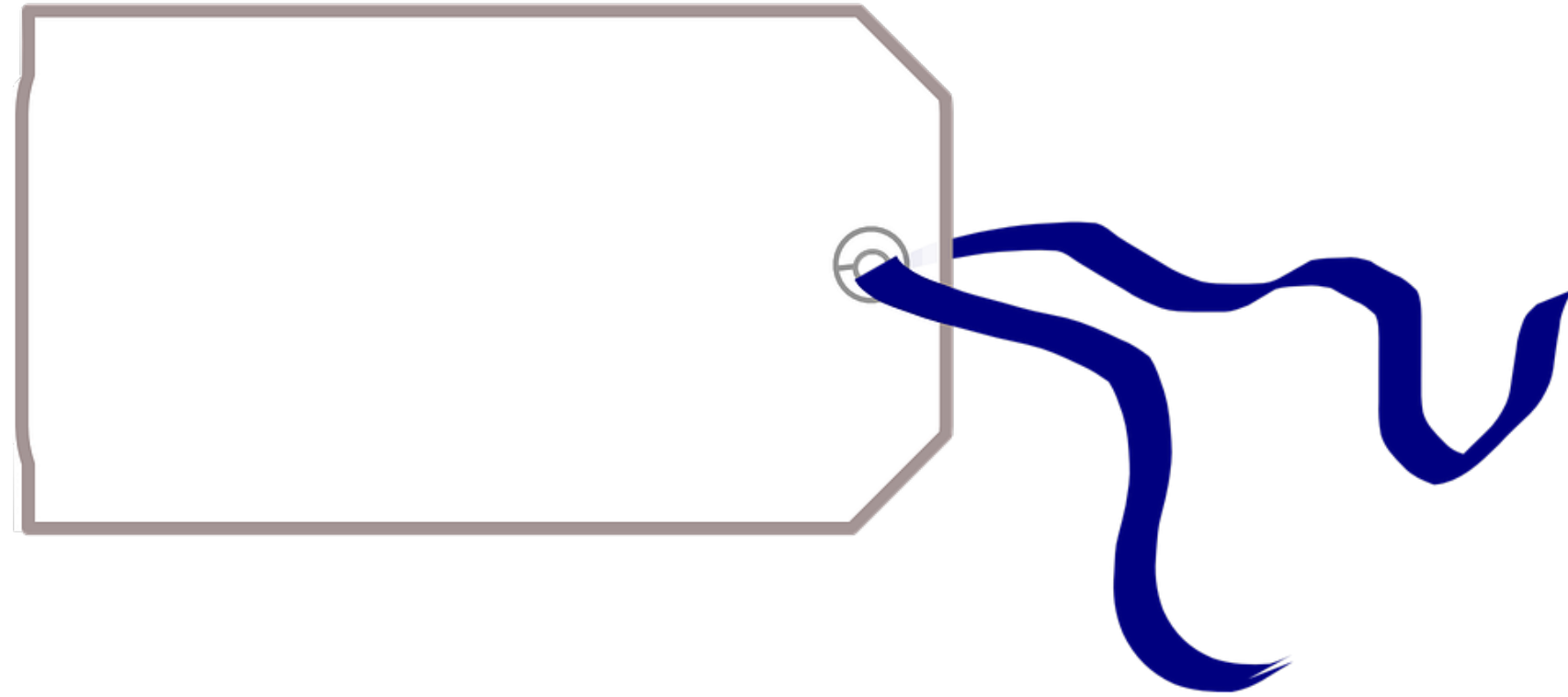
How to use it

- Go to a comfortable place where you are not going to be interrupted.
- Spend 25 min, you can do another set of 25 min if needed. Have a break after
- Ask yourself these questions. Be flexible
- Write down the answers in a note pad or electronic document.
- Take any appropriate action, if needed

Ways to use it



- To explore how do you feel right now. Helps you understand what is behind it.
- Feelings about one specific incident/situation
- Feelings about one particular topic
- When you feel you need to figure out how you feel
- If there are multiple issues/emotions: pick only one at a time

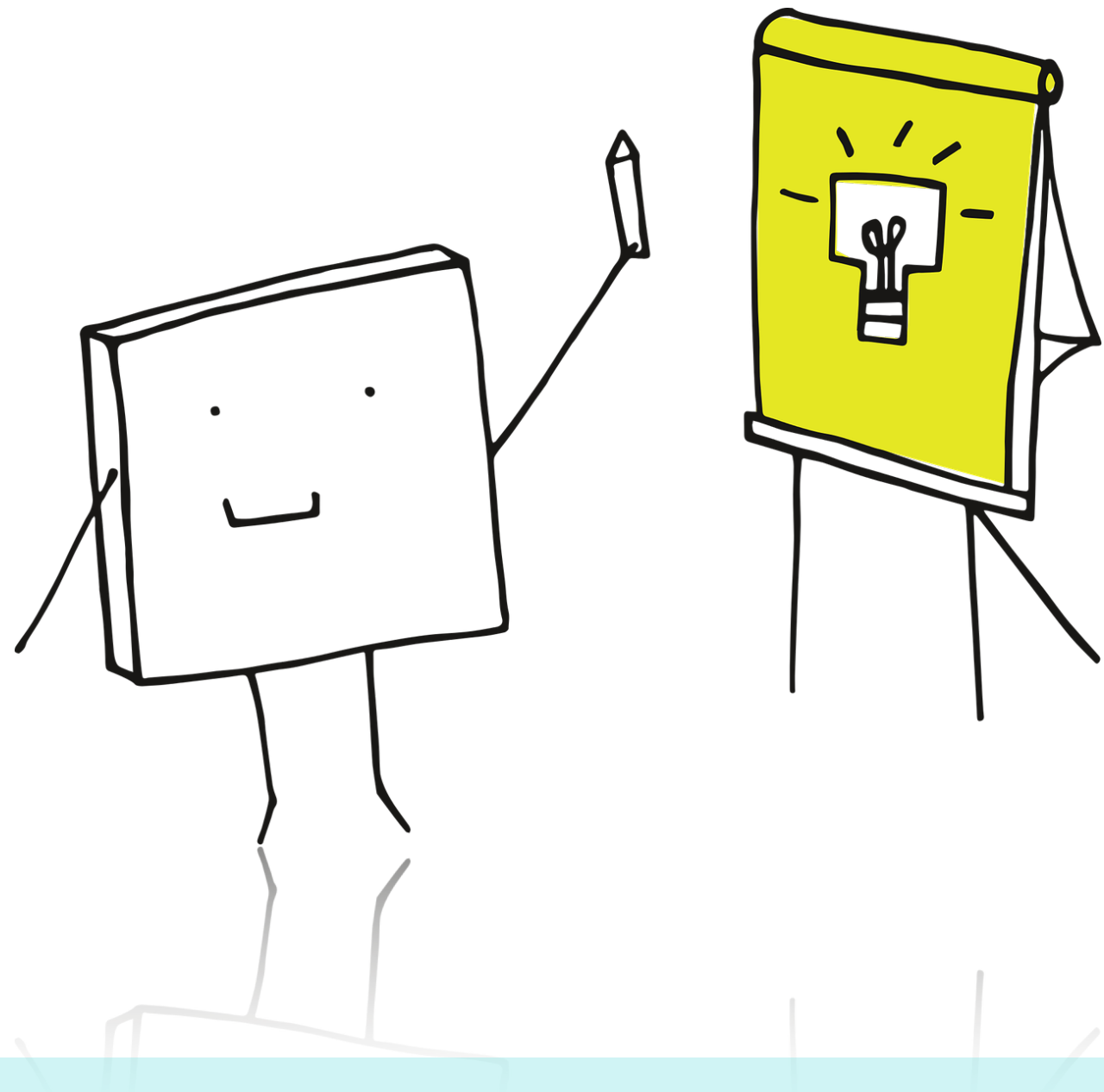


Limits to this model

This tool is a preventative measure to develop mental for that reason is most effective with

- ✓ Healthy/ symptomatic people
- ✓ Might not be enough for people with current mental health issues

Benefits



- Increase self-awareness
- Relationship between thoughts and emotions
- Encourages us to stop and reflect
- Constructive thinking
- Emotional release
- Encourages us to take constructive action

THE DEPEND MODEL



DEFINE

- The situation in simple terms.
- Stick to the facts



EMOTIONS


How do you feel?



PERSPECTIVE

What's going on through your mind?

- Connection between thoughts, feelings and behaviours




EVIDENCE

What proof do you have that your perspective is accurate?



NICE

What's the most constructive interpretation that you can make right now?



DO

Do you need to take any specific action?

Pablo Calal

First step: efine

What's happened?



Step back for a minute



Imagine you are a writer and you have to describe the scene without making any judgments



Stick to facts, no interpretations yet

Second step: emotions

How do you feel?



Feeling good = you have constructive ideas



Not good = it's ok, some of your thoughts are not serving you well.
This model will help :)

Identifying *your* emotions



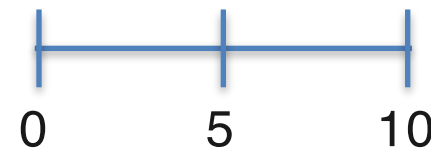
NAME THE FEELING

You can use our
feeling words to
identify them more
easily



RATE THE FEELING

Scale from 0 to 10



ACCEPT IT

Whatever you are
feeling is ok.

Third step: erspective

1

YOUR THOUGHTS

- What was going on through your mind?
- Identify your thoughts

2

YOUR RESPONSE

- How did you respond?
- Identify the way you behaved

Case scenario

THE TEAM LEADER ARRANGES A QUICK ZOOM CALL WITH RACHEL. AFTER A BRIEF CORDIAL CONVERSATION, THE MANAGER TELLS HER THAT THE REPORT SUBMITTED HAS A COUPLE OF ERRORS. SHE EXPLAINS WHAT THOSE ARE AND MAKES SURE THEY HAVE BEEN UNDERSTOOD. SHE ENDS THE ZOOM CALL POLITELY



Rachel



01

THOUGHTS

- Oh shit, I can't believe I have made a mistake.
- She must think I am useless
- This can never happen again

02

EMOTIONS

- Useless
- Diminished
- Embarrassed
- Scared

03

BEHAVIOURS

- Distracted at work
- Takes longer to do tasks
- Doesn't take a break
- Stays extra time
- Eats less

Fourth step: Evidence



Perfect, you have identified your thoughts and the impact they had.



Do you believe everything you think is true?



Get your Judge Judy on, we are about to get to court

Rachel



01

THOUGHTS

- Oh shit, I can't believe I have made a mistake.
- She must think I am useless
- This can never happen again



Do you think these
ideas **are accurate?**



What **proof** do you have?

Are **these beliefs**
serving you well?



Fifth step: ice



What's the most constructive/nourishing interpretation that you can make right now?



Why this is the most important question of all?

THE EMOTIONAL CONTINUUM

EMOTIONAL POLARITY



THE EMOTIONAL CONTINUUM

EMOTIONAL POLARITY



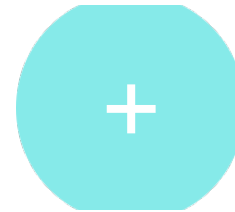
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What is the most constructive way that Rachel could interpret this situation?



Rachel



THE MOST CONSTRUCTIVE INTERPRETATION

- I don't like making mistakes but making mistakes is ok. Everybody makes them.
- I don't like making mistakes but it's alright, this is helping me be better
- The fact I have made a mistakes doesn't mean I am bad. It doesn't discount the things I am good at.
- I didn't like to be called out but this situation has helped me understand the process better

Sixth step:



How could you have approached this situation differently?



Is there any action that you feel you need to take to deal with this situation?

Tips to get best results

- Honesty is essential
- Start with low-medium emotionally charged situations
- Start on things that have already happened
- Stick to one feeling at the time. The most important
- Make it your own





*ARE YOU READY
TO FEEL
BETTER?*



Wellbeing program To Manage Stress

Well-being is a marathon, not a sprint. Slow and steady wins the race. An affordable option to increase your wellbeing resources, practise and share your struggles in a safe community space.

- Protocol to manage stress from different angles
- Tailored to your needs
- Created to empower you
- Cheaper than Netflix
- Click on the link bellow to try it for free for a month
- <https://bit.ly/3yesttJ>

Q&A





LET'S CONNECT!

Thank you!



Pablo Calal

Executive Coach / Trainer /
Author