

EMOTIONAL INTELLIGENCE FOR LIFE MANAGEMENT (MODULE 2)

EQ優質人生 2 (粵語網上課程)



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* no prerequisites, everyone welcome!

I. Emotional Management

1. 個人情感戶口 (Emotional Bank Account)
2. 如何處理憤怒 (Anger Management)
3. 如何處理憂慮與焦慮 (How to deal with worry and anxiety)
4. 如何處理悲傷和抑鬱 (How to deal with sadness and depression)

II. Stress Management

1. 壓力來源 (Sources of stress – external factors and internal factors)
2. 經歷壓力的四個階段 (The Four Stages of Stress)
3. 好壓力與壞壓力 (Good stress vs bad stress)
4. 壓力管理技術 (Techniques of Stress Management)

III. Managing Adversity

1. 哈佛大學總結9個讓你變貧窮的原因 (9 reasons that make you poor)
2. 6種逆境 (6 Kinds of Adversity)
3. 把逆境變成機會 (Turning Adversity into Opportunity)
4. 挫折化為勝利 (Turning setback into triumph)

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