

Agenda

Emotional Well-Being **Emiliana Simon-Thomas, Ph.D.**

- 9:00 - 9:10 Welcome and Introduction
- 9:10 – 10:30 Origins, definition, function, and key components of human emotion
Approaches to emotion science overview
Emotion “Handshake” introspective exercise
- 10:30 -10:40 Break
- 10:40 -12:10 Taxonomy of emotions according to expression and recognition studies
Emotion self-recognition “Name it to Tame It” exercise
Emotional Intelligence - definition, key factors, and opportunities for improvement
Identifying and understanding others’ emotions
- 12:10 – 12:50 Lunch
- 12:50 - 2: 20 Effects of emotion on thinking and decision making
Different approaches to, and effects of, managing and regulating emotion, e.g.,
suppression vs. reappraisal
Self-distancing/de-centering exercise
- 2:20 - 2:30 Break
- 2:30 – 4:00 The role of emotions in social interactions: science
Leveraging emotions in negotiation and navigating conflict
Bridging differences exercise
Summary: Emotional well-being