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Emotion Exploration Activity

Wayne Townsend, BA. BPE. BEd.

CTDP. Certified Training & Development Professional from C.S.T.D.

ACTP. American Coach Training Professional from I.C.F.

EQ-i and EQ-360 Emotional Intelligence Credentials from M.H.S.

Counselling Specialist. Ontario Counselling Association.

Split participants into small groups (usually 2 - 3) and ask them to explore an emotion that comes up in the work setting.

Here is a suggested list of some emotions that may arise:

- Exhilaration
- Pride
- Anxiety
- Happiness
- Sadness
- Anger
- Frustration

Ask the group to focus on and answer the following questions:

- What is the most common reaction to this emotion in the workplace (within yourself and from others?)
- When is it best to keep this emotion in check and not share it?
- When can it be useful to express this emotion?



Peer Mentor.net Inc.
www.peermentor.net

The Intelligence Capital, Waterloo Region, Ontario, Canada.

1.519.745.8543

admin@peermentor.net

- What are negative ways of displaying this emotion and what guidelines would you recommend for managing this display (within yourself and others)?
- What are positive ways of displaying this emotion and what guidelines would you recommend for managing this display (within yourself and others)?
- Ask the small groups to report back their findings to the whole group.

Allow about an hour to report and process the activity. For processing the activity, use the D.A.T.A. (Directed Active Training Approach) model found in the web site www.peermentor.net. In particular, refer to the Closure Procedure using the three steps of: Feelings, Thoughts, & Actions. This will cover the “Affective, Cognitive & Behavioural” Domains for powerful results.