

Professional Behaviour



Developing yourself and your relationships to flourish in the corporate world

How to Be a Well-Functioning Professional (and other things university doesn't teach you)

We know that whilst humans have fundamentally not changed for millennia in terms of our biological, psychological and social needs modern life presents us with a unique set of circumstances. Social pressure and technological advancements that allow information processing possible at any time of the day have impacted on our daily functioning. This has resulted in individuals dealing with significantly increased demands on their coping resources on a daily basis, both at work and home.

The wider social context has also changed significantly in the last one hundred years, influencing several areas that impact on the manifestation of emotional and self-regulatory skills. This includes the shift from an age of deference to flatter hierarchical structures in organisational, family and societal systems.

Learning institutes focus on the technical skills required to perform a particular professional activity. There is limited (if any) focus on the emotional and self-regulation skills required to manage professional life in a way that is healthy for the individual, their colleagues and the organisation they work for.

“There is an implicit assumption that university graduates will emerge from their professional training in a state that is ready to take on all the demands of modern day life and work.”

However, emotional and self-regulation skills also need to be taught. Learning them is as important as the technical skills of a professional. Research shows if you are emotionally dysregulated this will significantly detract from your technical skills, even if you are very highly skilled.

This three-hour seminar is designed to introduce professionals to a set of skills to increase their capacity to

manage stressors and the range of demands modern corporate life can produce. The following objectives are covered:

- Learn about the neurological systems that develop in our formative years that result in emotional and behavioural self-regulation;
- Understand the nature of distress in our lives and how our responses can either alleviate or magnify/prolong this distress;
- Be introduced to a range of adaptive distress tolerance skills that enhance mental and physical well-being;
- Discover how to apply distress tolerance and adaptive coping skills in your professional and personal lives.

Dr Jane Freeman-Brown and Teresa Watson are both Corporate Psychologists and consultants that work with a range of professional service firms. They are both committed to increasing intrapersonal and interpersonal knowledge to inform high performance. Contact us at 021 237 3180 or admin@criticalthinking.co.nz