



PIM9204

Seminar on Business Innovative Management

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EMILY ANHALT : FLEX YOU FEELING

7 TRAITS OF EMOTIONAL FITNESS

1. MINDFULNESS
2. CURIOSITY
3. SELF-AWARENESS
4. RESILIENCE
5. EMPATHY
6. COMMUNICATION
7. PLAYFULNESS

WHEN DID YOU FEEL BURNOUT?

1. NO MISSION
2. NO TARGET
3. NO CHALLENGE
4. NO SUCCESS
5. NO HOPE
6. NO TEAM
7. NO MOOD

You must to make emotional fitness

EF : PRACTICE

TALENT PEOPLE CAN GO FAST AT THE
BEGGING BUT LONG TIME YOU MUST HAVE
EMOTIONAL FITNESS.

Q & A





THANK YOU!

