

Workshop: Your Emotional Management System

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What is a management system...

- **A management system is designed to identify and manage risks—safety, environmental, quality, business continuity, food safety (and many others)—through an organized set of policies, procedures, practices, and resources that guide the enterprise and its activities to maximize business value.**
 - **Your emotional management system is designed to identify and manage risks through an organized set of policies, procedures, practices, and resources that guide you and your activities to maximize overall functioning.**
- **A management system describes the way in which companies organize themselves in their structures and processes in order to act systematically, ensure smooth processes and achieve planned results.**
 - **Your emotional management system describes the way in which you organize yourself in your structures and processes in order to act systematically, ensure smooth processes and achieve planned results.**

Do you have other management systems in your life...

- **Money management system?**
- **Lawn management system?**
- **Pool management system?**
- **Household chore management system?**
- **Laundry management system?**

What is currently happening in your EMS?

- Are emotions happening and setting off alarms and automatic responses?
- Where does food/eating/drinking fall into your current system?
- Do you have any methods of checks and balances to keep the intensity or reactions in a band of safety/healthy?
- What aspects of the system do you need to restructure (or set up)?
- What resources or tools do you need to access and implement?

What does a more effective EMS system look like for you?

- **If you were the new project manager coming in, what changes would you implement immediately?**
- **What are some of the longer term structures or policy would be your next line of approach?**