



TRILHAS LIFT

ENCONTRO 05



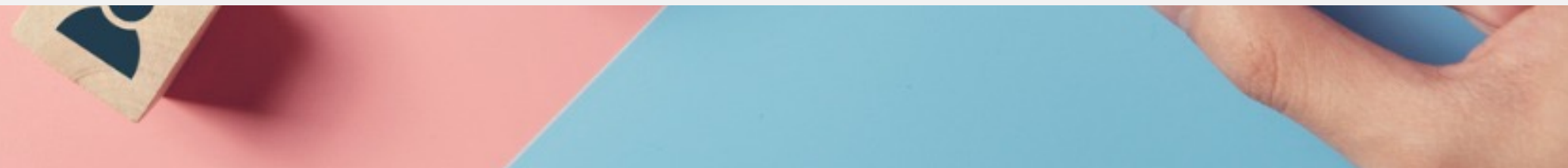
RETOMANDO FEEDBACK



RETOMANDO CONVERSAS ANTAGÔNICAS

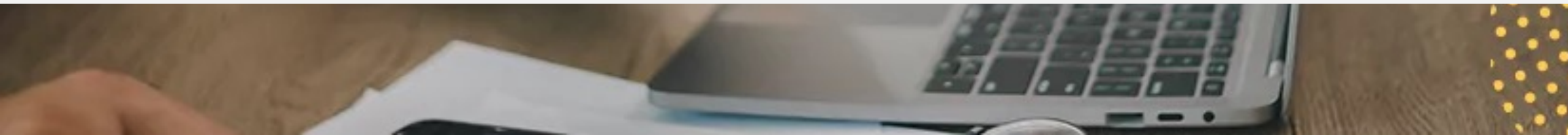


RETOMANDO ACCOUNTABILITY





ROTINA DO LÍDER





A silhouette of a person running on a beach at sunset. The person is in the foreground, running towards the right. The background shows the ocean and a bright sunset sky with a reflection on the water.

**QUAL É A ROTINA DE UM
LÍDER PRA VOCÊ?**

A dark silhouette of a person running on a beach, with the sun setting in the background, creating a bright glow on the horizon. The person is in mid-stride, moving from left to right. The background is a gradient of dark blue and black, with a bright orange and yellow glow from the setting sun on the right side.

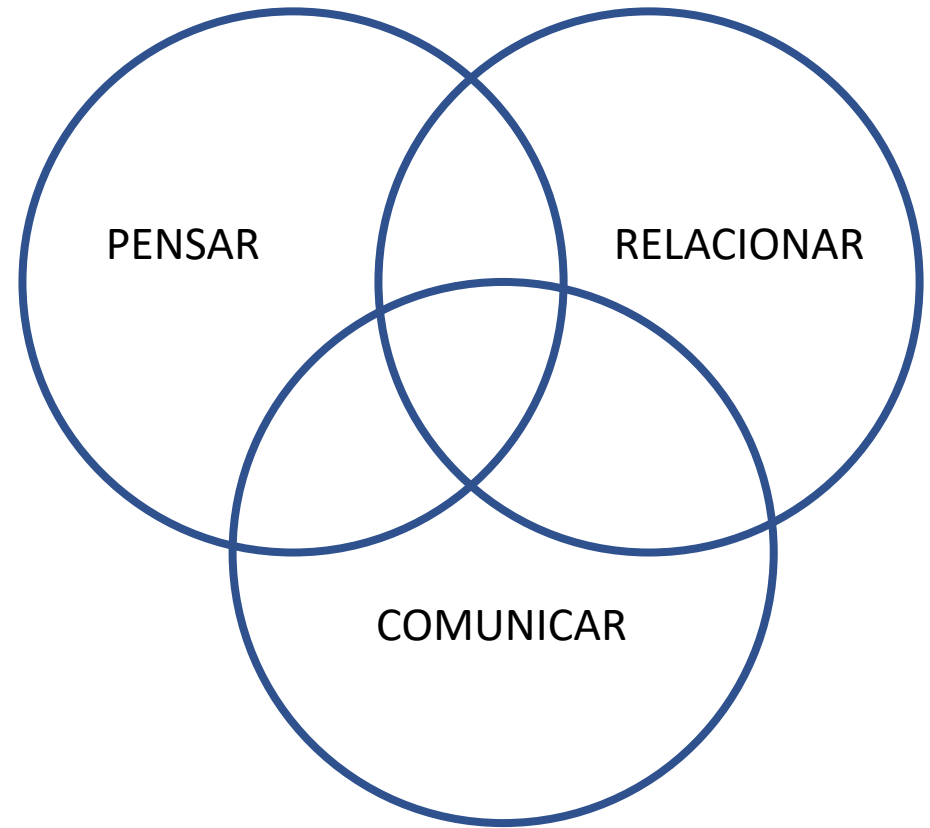
**CONSIDERANDO SUA RESPOSTA,
QUAL SUA MAIOR DIFICULDADE?**

A dark silhouette of a person running on a beach, with a bright sunset or sunrise in the background. The person is in mid-stride, moving from left to right. The sky is a gradient of dark colors, and the water in the foreground is dark with some light reflections.

**EM QUE VOCÊ PRECISA
DESENVOLVER?**

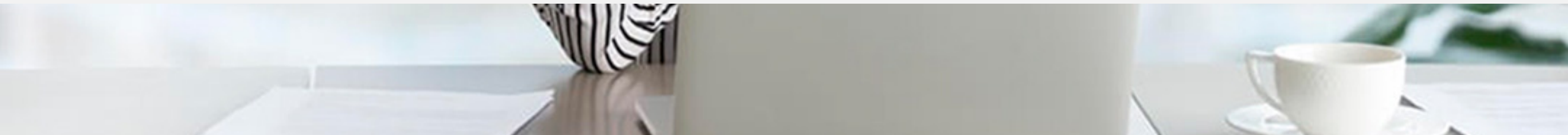


ROTINA DO LÍDER





GESTÃO DO ESTRESSE E EMOÇÕES





GESTÃO DO ESTRESSE E EMOÇÕES

CONCEITO DE ESTRESSE:

- Perturbação da homeostasia e do equilíbrio que leva o organismo a se adaptar através do aumento da secreção de adrenalina.

CONCEITO DE INTELIGÊNCIA EMOCIONAL:

- Inteligência emocional é um conceito em psicologia que descreve a capacidade de reconhecer e avaliar os seus próprios sentimentos e os dos outros, assim como a capacidade de lidar com eles.



GESTÃO DO ESTRESSE E EMOÇÕES

RECONHECER O ESTRESSE E AS EMOÇÕES:

- Entender a utilidade
- Verificar a dose para escolher a dose certa

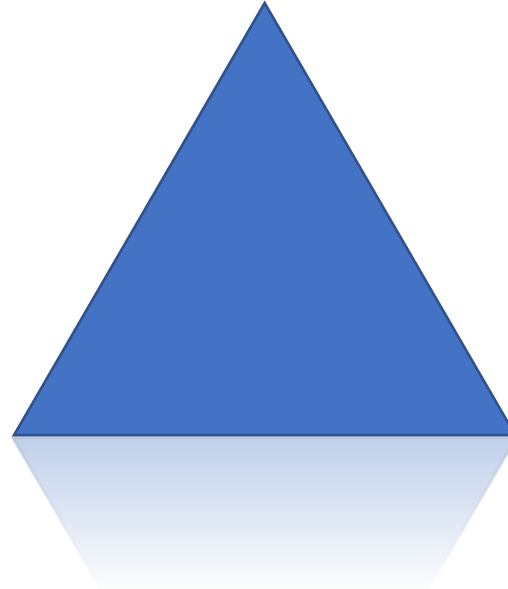
Estresse → Gera adaptação

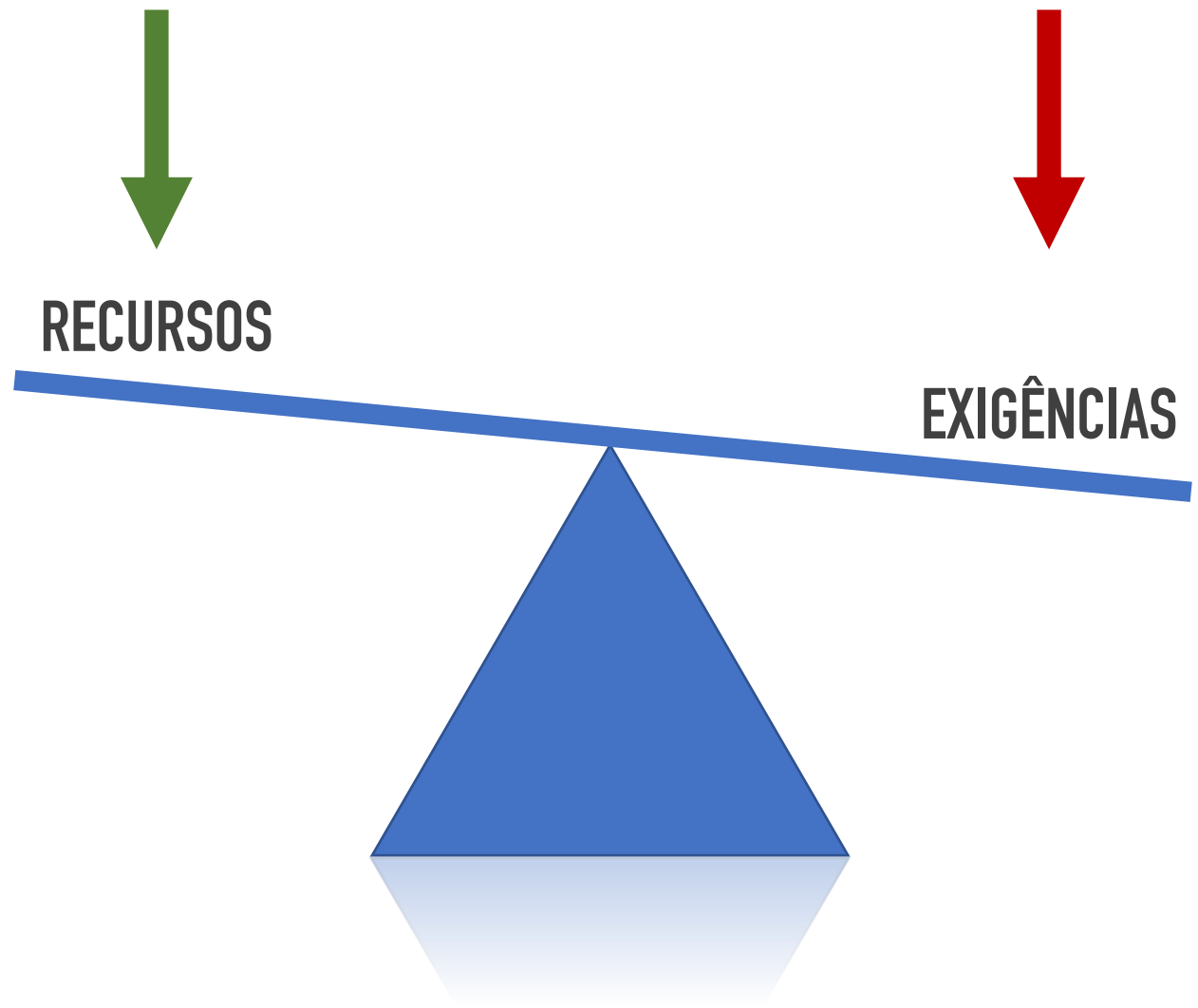
Emoções → Recados Importantes

BREAKDOWN X BREAK THROW

RECURSOS

EXIGÊNCIAS





RECURSOS

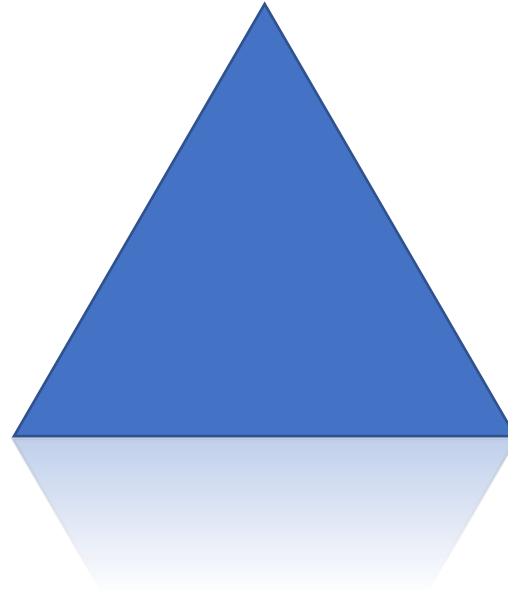
EXIGÊNCIAS



RECURSOS

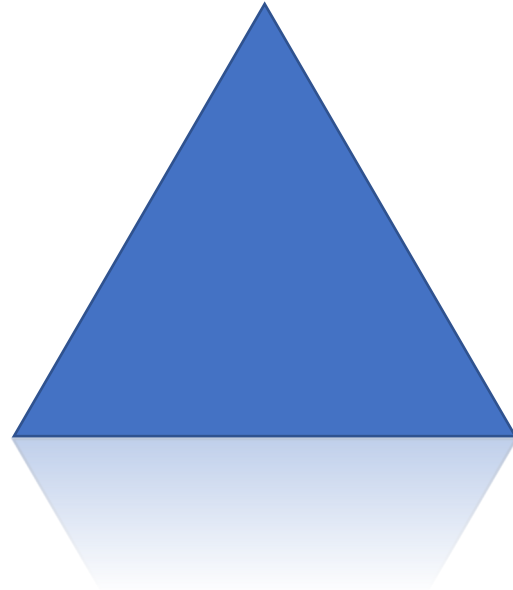


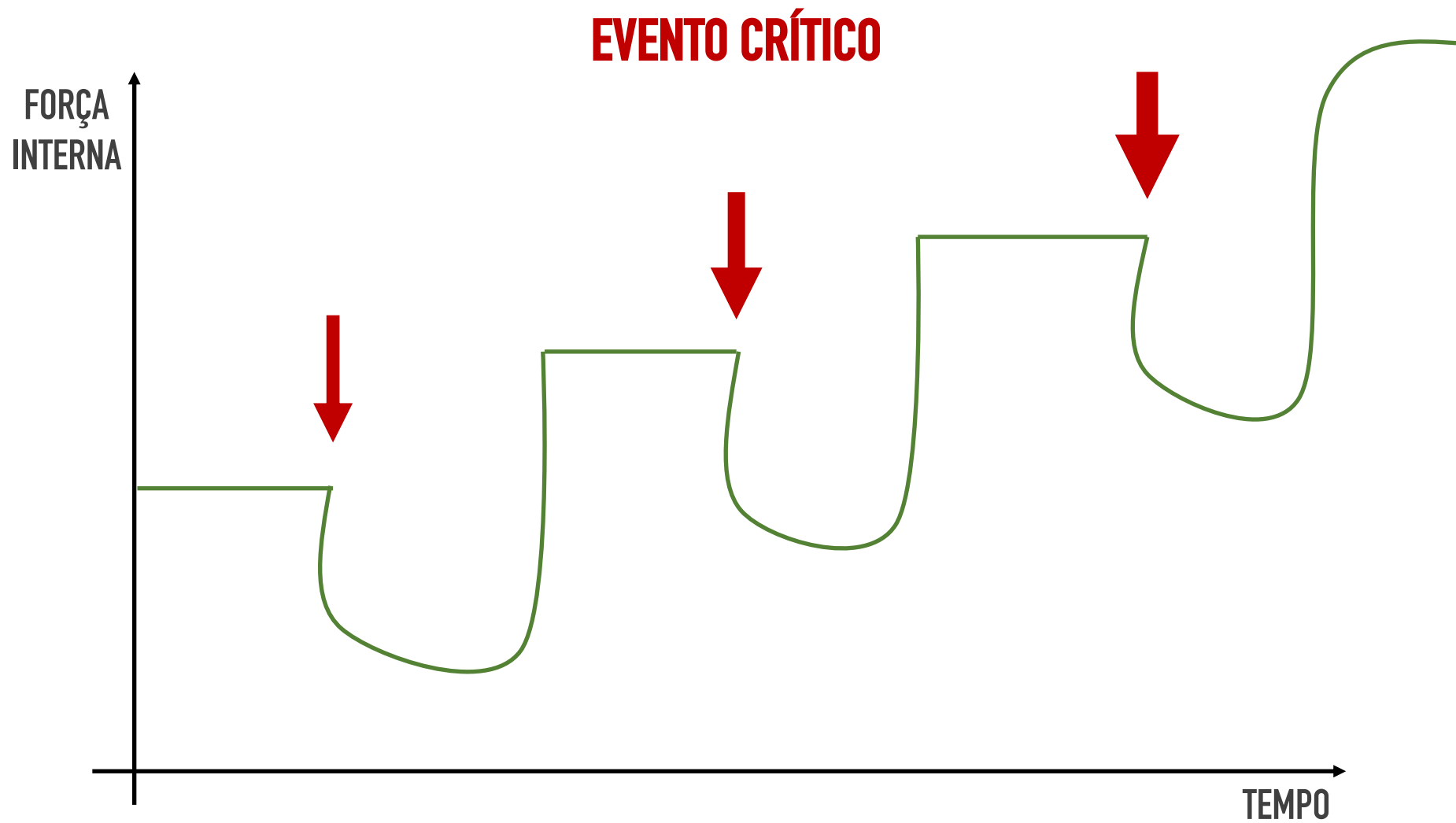
EXIGÊNCIAS



RECURSOS

EXIGÊNCIAS







GESTÃO DO ESTRESSE E EMOÇÕES

EVENTO CRÍTICO:

- Emoção Característica
- (Des) Identidade
- Mudança de trajetória
- Alguns exemplos:

PERDAS

NASCIMENTO

MORTE

CASAMENTO

DIVÓRCIO

RUPTURAS

A woman with long brown hair, wearing a black and white striped shirt, is sitting at a table in a meeting room. She has her eyes closed and her hands are raised in a meditative gesture. The room is dimly lit, and other people's hands and arms are visible around the table, suggesting a meeting in progress. The text "COMO GERENCIAR?" is overlaid in the center of the image in a bold, white, sans-serif font.

COMO GERENCIAR?

A woman with long brown hair, wearing a black and white striped shirt, is meditating with her eyes closed and hands in a mudra. She is sitting at a table in a meeting room. In the background, other people are visible, some holding papers and a pen. The word "RECONHECER" is overlaid in large white letters across the center of the image.

RECONHECER

A woman with long brown hair, wearing a black and white striped shirt, is meditating with her eyes closed and hands in a mudra. She is sitting at a table in a meeting room. In the background, other people are visible, some holding papers and a pen. The word "ENTENDER" is overlaid in large, white, bold, sans-serif capital letters across the center of the image. The overall scene is dimly lit, suggesting an indoor setting.

ENTENDER

A woman with long brown hair, wearing a black and white striped shirt, is sitting at a table in a meeting room. She has her eyes closed and her hands in a meditative gesture (Anjali Mudra) on the table. The room is dimly lit, and other people's hands and arms are visible around the table, suggesting a meeting in progress. The word "ESCOLHER" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

ESCOLHER



PARA O PRÓXIMO ENCONTRO





PARA O PRÓXIMO ENCONTRO

- 1. ESTRATÉGIA WAKE UP: 10:00 | 14:00 | 18:00 | 22:00**
 - PARAR E AVALIAR SEU ESTADO INTERNO.
 - CLASSIFICAR ESTE ESTADO EM UMA PALAVRA,
 - ENVIAR NO GRUPO DE WHATSAPP.
 - ACONSELHADO FAZER ANOTAÇÕES A PARTE PARA DETALHAR CADA ESTADO PERCEBIDO.
- 2. ENVIAR AS PERGUNTA PARA O PODCAST**



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