

# 8 QUESTIONS TO HELP TEAMMATES PROCESS THEIR EMOTIONS AND REFOCUS ON WORK



Can you tell me more about your experience and how it has impacted you?



How do you see yourself moving forward from this situation?



Is there anything that you need to vent about or share?



Is there any specific task or goal you need help with?



What steps can we take to resolve the situation?



Can you walk me through what has been bothering you?



How are you feeling right now?



How can I support you at this moment?

# Working With Emotional Intelligence

**JA Banks**



## **Working With Emotional Intelligence:**

Eventually, you will definitely discover a additional experience and finishing by spending more cash. still when? do you resign yourself to that you require to get those all needs in imitation of having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to comprehend even more in the region of the globe, experience, some places, with history, amusement, and a lot more?

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