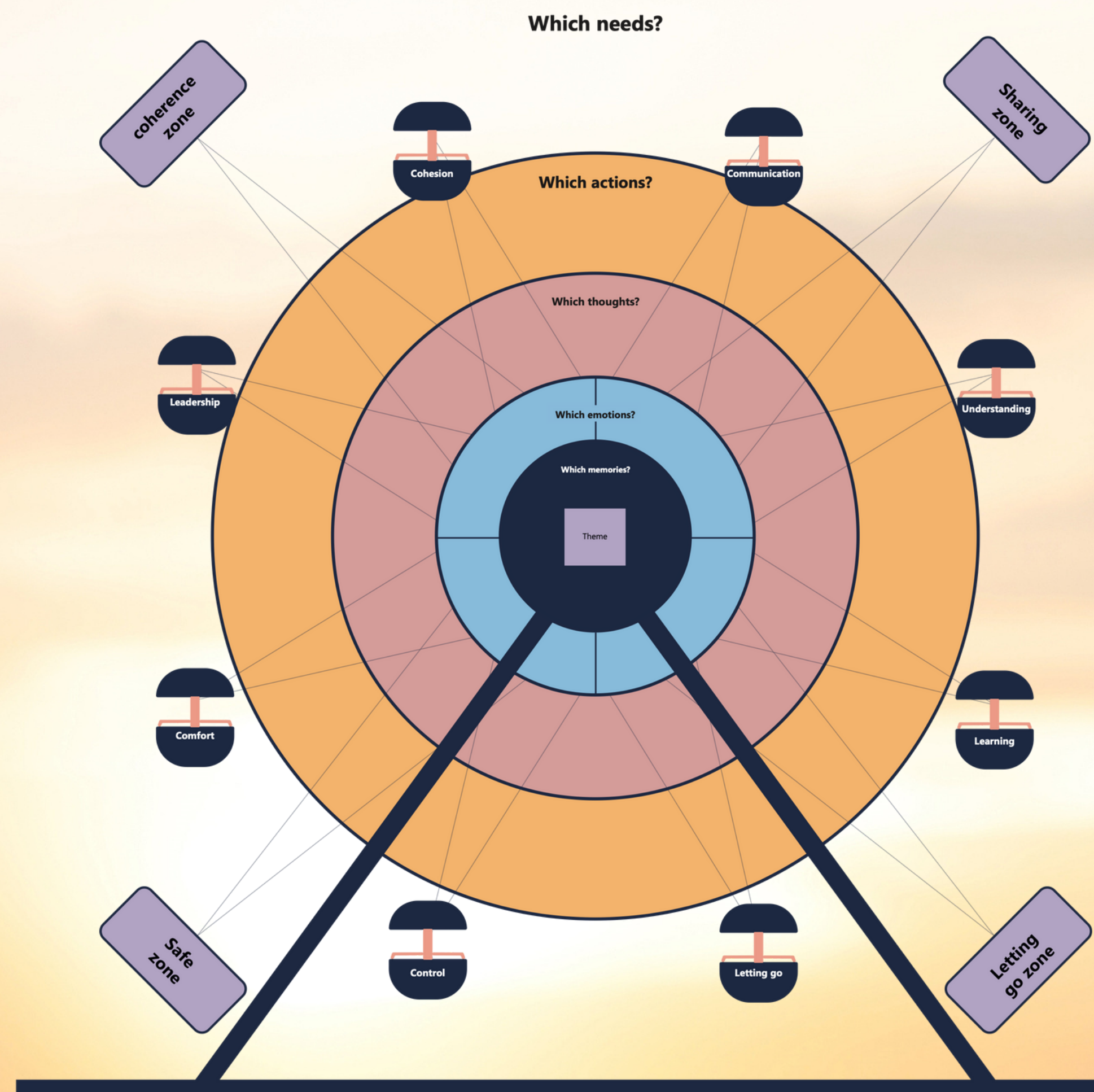




SENSE  
NATURE

# THE EMOTIONS MURAL



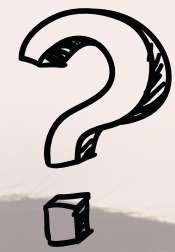
**4 hours - 12 participants**  
**Develop emotional intelligence**  
**Communicate & Act together**



# THE EMOTIONS MURAL

Develop emotional intelligence to communicate, understand each other and act together

4 hours - 12 participants

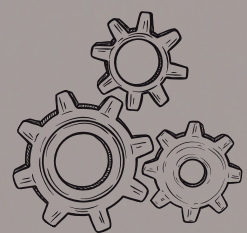


## Our first reaction in every situation that we experience is an emotional response

- It only takes 0.2 seconds for this to happen.
- The mental evaluation that leads to a behavior only comes after about 0.4 seconds.
- To have emotions is to be human..
- *Emotions* comes from latin *movere*, to move.

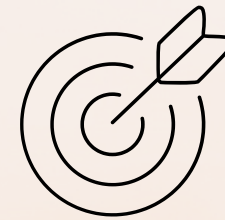
## Emotions are the source of movement

- They help us to act, to do things.
- To ignore them is to take away a part of our humanity.



## Process

- 1- Each participant shares a memory linked to the chosen theme.
- 2- We identify the emotions related to it.
- 3- We explore together related thoughts and actions.
- 4- We identify our essential needs.
- 5- We evaluate the possibility of influencing the connections between feelings-thoughts-action



## A theme

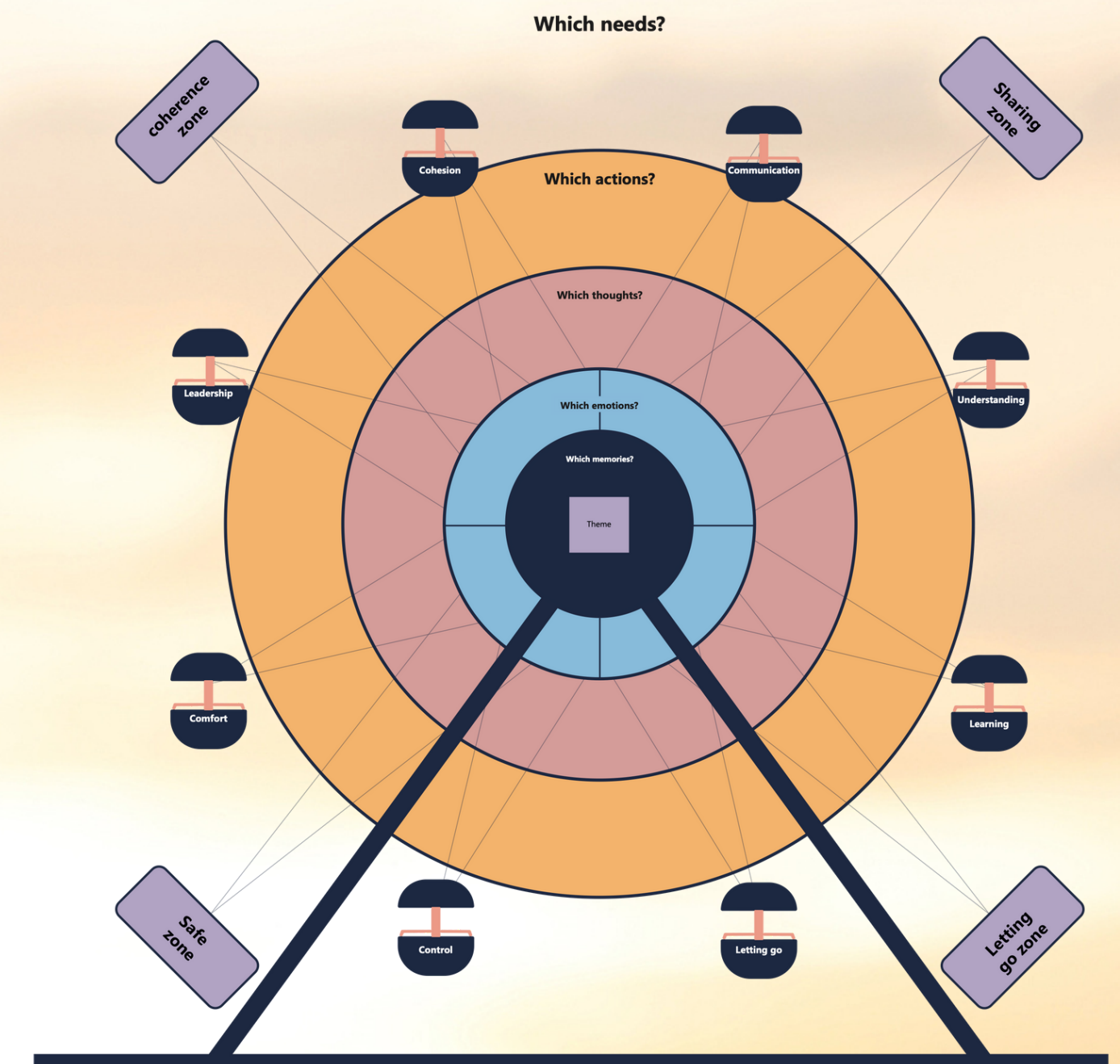
Emotions mural is a thematic exercise that can be used to help improve

- collaboration
- leadership
- communication
- decision making
- sustainability
- equality
- ...



## En upplevelse

- fun
- interactive
- collective
- concrete
- instructive
- adapted to the group



## A memory

Link between emotions/thoughts/action

Identification of essential needs

Emotions = Source of action