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# Emotional Agility and Values-Based Choices Training Course for Professionals

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Kuala Lumpur

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# Emotional Agility and Values-Based Choices Training Course for Professionals

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Emotional Agility and Values-Based Choices is a 1-week training course for professionals and team leaders facing pressure and setbacks, in which each participant builds a Personal Values Compass for difficult moments at work. Organisations now ask people to absorb constant change, and suppressed frustration or worry quietly erodes judgement and working relationships. Jupiter Prime Training presents emotional agility and values-based choices as a practical skill rather than a personality trait.

## Why Emotional Agility and Values-Based Choices Matters Now

Two forces shape this subject. Work has become faster and more ambiguous, so professionals meet disappointment, criticism and uncertainty more often than before. At the same time, colleagues and customers notice quickly when someone reacts on autopilot, snaps under strain or withdraws. Telling people to stay positive or push feelings aside rarely helps; it tends to return as fatigue, rigid thinking or avoidance of hard conversations. An organisation whose people can name what they feel, step back from unhelpful stories and act on what matters keeps better decisions under pressure and steadier relationships.

## Who Gains Most from Emotional Agility and Values-Based Choices

- Professionals handling frequent criticism, rejection or shifting priorities
- Team leaders setting the emotional tone for colleagues during setbacks
- Specialists whose high standards turn into self-criticism and procrastination
- Project contributors absorbing deadline pressure and competing requests
- Service and operations staff managing tense encounters with the public

Colleagues from one department gain most when they attend together and agree a shared emotion vocabulary.

## Emotional Agility and Values-Based Choices Capabilities

Participants practise meeting strong reactions with curiosity, then choosing a response that fits their stated values.

- Apply a precise emotion vocabulary to name reactions in the moment — colleagues in tense exchanges
- Assess the thought patterns that hook attention during setbacks — personal decisions under strain
- Build a short list of work values with observable behaviours — choices about priorities and boundaries
- Design a pause-and-choose routine for triggering situations — customers, managers and peers
- Test small habit shifts through tiny experiments — sustained change in daily routines
- Communicate difficult feelings to others without blame — trust within the team

## Key Emotional Agility and Values-Based Choices Terms

- Emotional agility — the ability to notice thoughts and feelings openly and still act in line with chosen values.
- Emotional granularity — distinguishing closely related feelings, such as disappointment and resentment, with precise words.
- Hooked — being caught by a thought or feeling so that it dictates behaviour automatically.
- Unhooking — creating distance from an unhelpful story by observing it rather than obeying it.
- Values compass — a short set of personal values used as a reference when choosing how to respond.
- Tiny tweak — a small, specific change in a routine that makes a values-based action easier to repeat.

## Emotional Agility and Values-Based Choices Day by Day

### Day 1: Emotions as Workplace Information

- Emotion Signal Model — Reading Feelings as Data About Needs and Threats
- Suppression and Brooding Patterns — Recognising Costs of Bottling and Ruminating
- Pressure Trigger Inventory — Mapping Situations That Provoke Strong Reactions
- Body Cue Scan — Spotting Early Signs Before a Reaction Escalates
- Emotion Journal Template — Capturing Patterns Across a Working Week

### Day 2: Noticing and Naming Precisely

- Emotion Granularity Wheel — Choosing Exact Words for Mixed Feelings
- Name It to Tame It Practice — Lowering Intensity Through Accurate Labelling
- Thought Versus Fact Sorting — Separating Interpretations From Observable Events
- Self-Compassion Statement — Responding to Mistakes Without Harsh Inner Commentary
- Feeling Disclosure Framework — Sharing Reactions at Work Without Blame

### Day 3: Unhooking From Unhelpful Stories

- Hook Spotting Checklist — Identifying Rigid Rules, Blame and Catastrophising
- Story Naming Technique — Labelling Recurring Narratives to Gain Distance
- Observer Perspective Shift — Viewing a Setback as a Colleague Would
- Pause-and-Choose Routine — Inserting Space Between Trigger and Response
- Curiosity Questions Set — Replacing Defensiveness With Inquiry in Conflict

### Day 4: Choosing by Values

- Values Card Sort — Selecting the Few Values That Guide Work Choices
- Toward and Away Moves Map — Judging Whether an Action Serves Chosen Values
- Want-To Versus Have-To Reframe — Linking Obligatory Tasks to Personal Purpose
- Boundary Choice Grid — Deciding When to Say Yes, No or Not Yet
- Tiny Tweak Experiments — Designing Small Habit Shifts That Stick

## Day 5: Practising the Personal Values Compass

- Trigger Scenario Rehearsal — Applying the Pause-and-Choose Routine to Real Cases
- Difficult Feedback Role-Play — Applying Precise Naming and Disclosure Under Strain
- Setback Debrief Exercise — Applying Unhooking Techniques to a Recent Disappointment
- Habit Tracking Card — Monitoring Tiny Tweaks Over the Following Month
- Personal Values Compass Completion — Values, Triggers and Responses on One Page

## Applying Emotional Agility and Values-Based Choices After the Course

- Keep the emotion journal for two weeks, naming reactions precisely, and review which hooks recur most often.
- Run one tiny tweak experiment linked to a chosen value and share the outcome with a trusted colleague.

## Emotional Agility and Values-Based Choices Questions FAQ

### What is emotional agility and values-based choices, and why does it matter now?

It is the skill of noticing difficult thoughts and feelings without suppressing them, then acting on chosen values. It matters now because faster, more uncertain work produces more setbacks, and reactions on autopilot damage decisions and relationships.

### Which roles gain most from emotional agility and values-based choices?

Professionals and team leaders who face frequent pressure gain most, including client-facing staff, perfectionist specialists and people who set the tone for colleagues during setbacks.

### How does emotional agility and values-based choices differ from an emotional intelligence course?

It concentrates on what happens inside a difficult moment: naming feelings precisely, unhooking from stories and choosing by values. A general emotional intelligence course spreads attention across social skills and relationship management.

### What do you bring back from emotional agility and values-based choices training?

You bring back a one-page values compass, a pause-and-choose routine, an emotion journal template and a set of tiny habit experiments to run in your own role.

## Emotional Agility and Values-Based Choices: The Way Forward

The Personal Values Compass first informs the next triggering situation a participant meets, guiding a deliberate rather than automatic response. Participants use it alone and can share it with a manager or mentor. After its first real use, revisit the trigger list: early experience usually shows which hooks are strongest and which values deserve more weight.