



Navigating Interpersonal Communications & Emotions



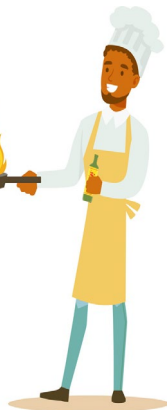
Emotions can impact overall mood, performance, and communication.

EMOTION & COMMUNICATION

Emotional state significantly influences how we express ourselves verbally and nonverbally, impacting the message we convey and how it is received by others.

PROFESSIONALISM

Professionalism in the kitchen is about being respectful, efficient, and tidy, while also being on time and ready to work.



EMOTIONS ARE CONTAGIOUS

Positive emotions can boost morale, while negative emotions can create tension and decrease productivity.

EMOTIONAL REGULATION

Be mindful of the things you CAN and CAN'T control. This will help in reducing the intensity of your reactions.

