

**THURSDAY  
9.11.2025  
3:00 PM**



COUNTY OF MONTEREY  
**EMPLOYEE WELLNESS  
PROGRAM**  
THE HEALTH PROMOTION PARTNERSHIP

# EMOTIONAL WELL-BEING



## ABOUT THIS LIVE WORKSHOP

This sixty-minute interactive workshop will focus on exploring how emotions are part of human experience. Emotions can be complex to understand, be with, and respond to in ways that are grounded, healthy, and valuable—especially true when experiencing heightened emotions in the presence of others, including coworkers and family members.

Led by **Respond Mindfully Oscar Flores, M.ED.**, participants will gain practical tools and learn how to understand and respond to emotions as a process rather than a specific task to master.

## KEY LEARNINGS:

- ❖ **Learn** basic vocabulary to help understand the process of feeling and responding to emotions.
- ❖ **Cultivate** self-awareness about your common ways of reacting to emotions on your own and around others.
- ❖ **Develop** new skills, such as self-compassion, to respond to emotions in ways that are healthy, grounded, and helpful.

**SAVE YOUR SPOT**

**Subject to supervisor approval, you may use your Wellbeing and Work-Life Resource Paid Leave Hours.**