



STOP BEING A GLASS CASE OF
EMOTIONS AND LEVERAGE
EMOTIONS
HOW I LEARNED TO CRY AT
WORK

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 #GHC18

“NEVER CRY AT WORK”

suggest **never, ever, ever** crying at work.”

- Mika Brzezinski, co-host of “Morning Joe” on MSNBC

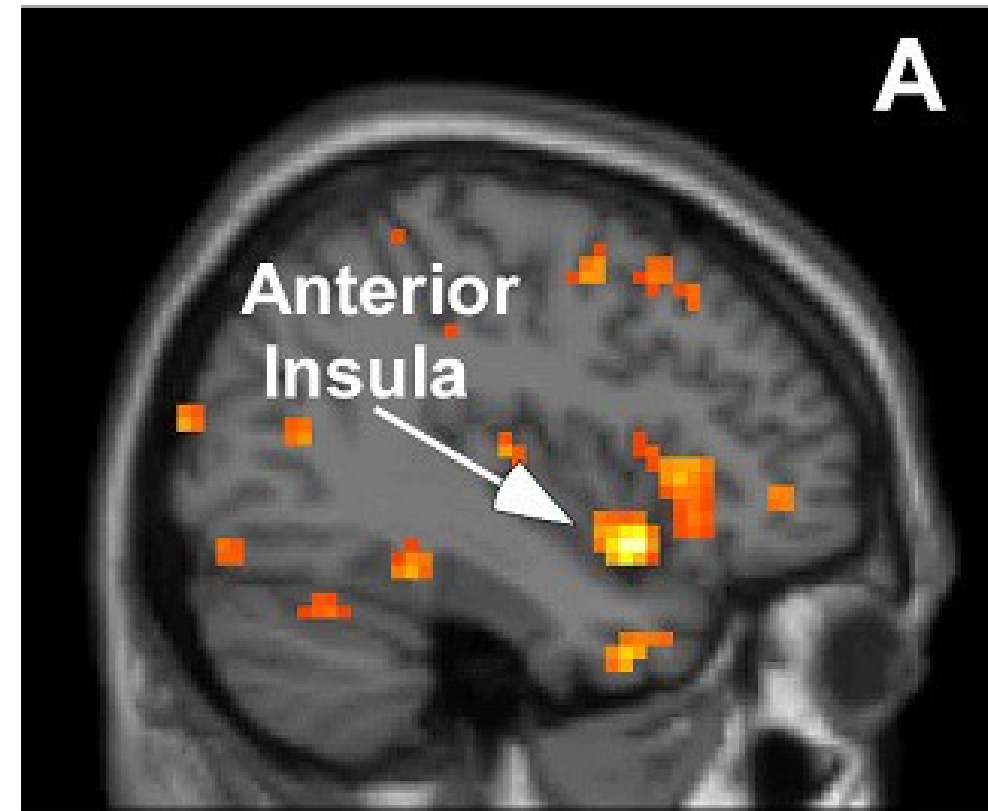
“...tears should be very private and no matter what issue, or what situation, we should have a very dignified demeanor...
tears belong within the family.”

-Frances Hesselbein, former CEO, Girl Scouts of the U.S.A

If you feel like you are on the verge of a tear-fest, **run to the bathroom**, get it out in private...”

-Alli Webb, founder, Drybar

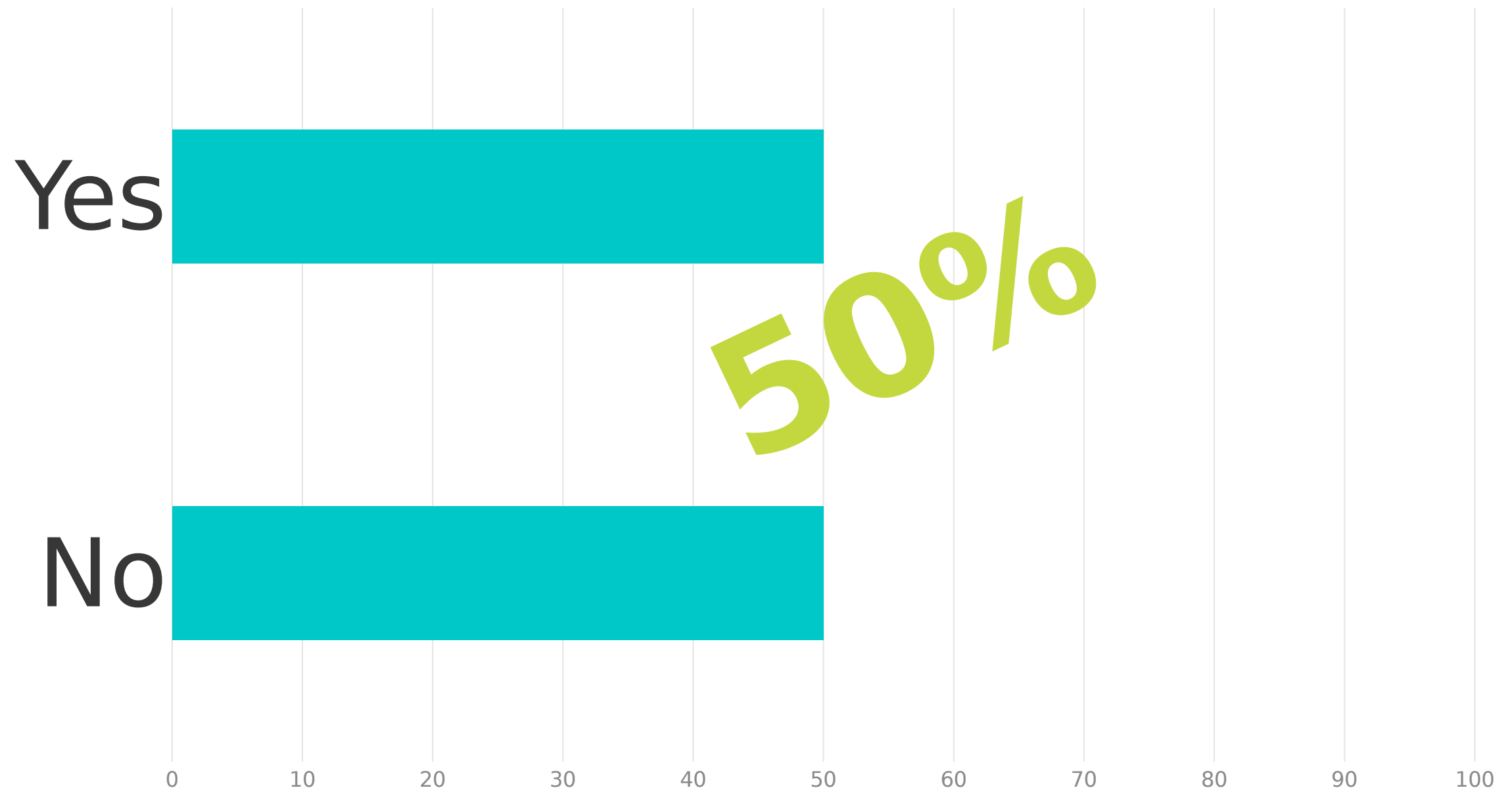
SENSORY PROCESSING SENSITIVITY



<https://news.stonybrook.edu/news/medical/140623empatheticAron>

work with people who are **genetically predisposed** to feel emotions at different levels

Have you ever cried at work?



41
%

women admit to
crying at work.

<http://www.bostonglobe.com/business/2014/02/21/what-happens-when-big-girls-cry-work/5ytBAkW2qGbCNqH1EyLX5M/story.html>

WHY DO WOMEN CRY MORE?

CULTURE

No reflux
development

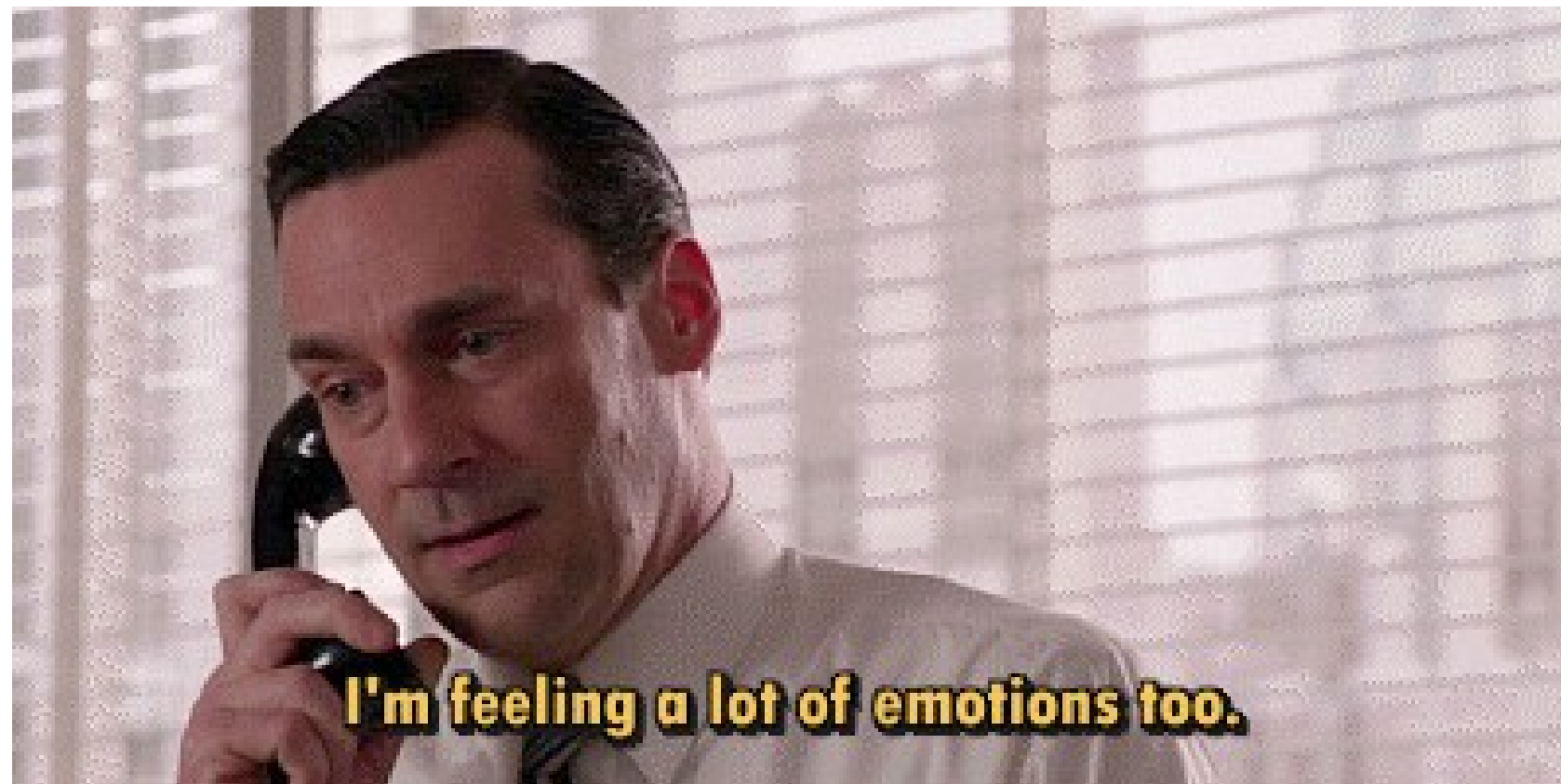
PROLACTIN

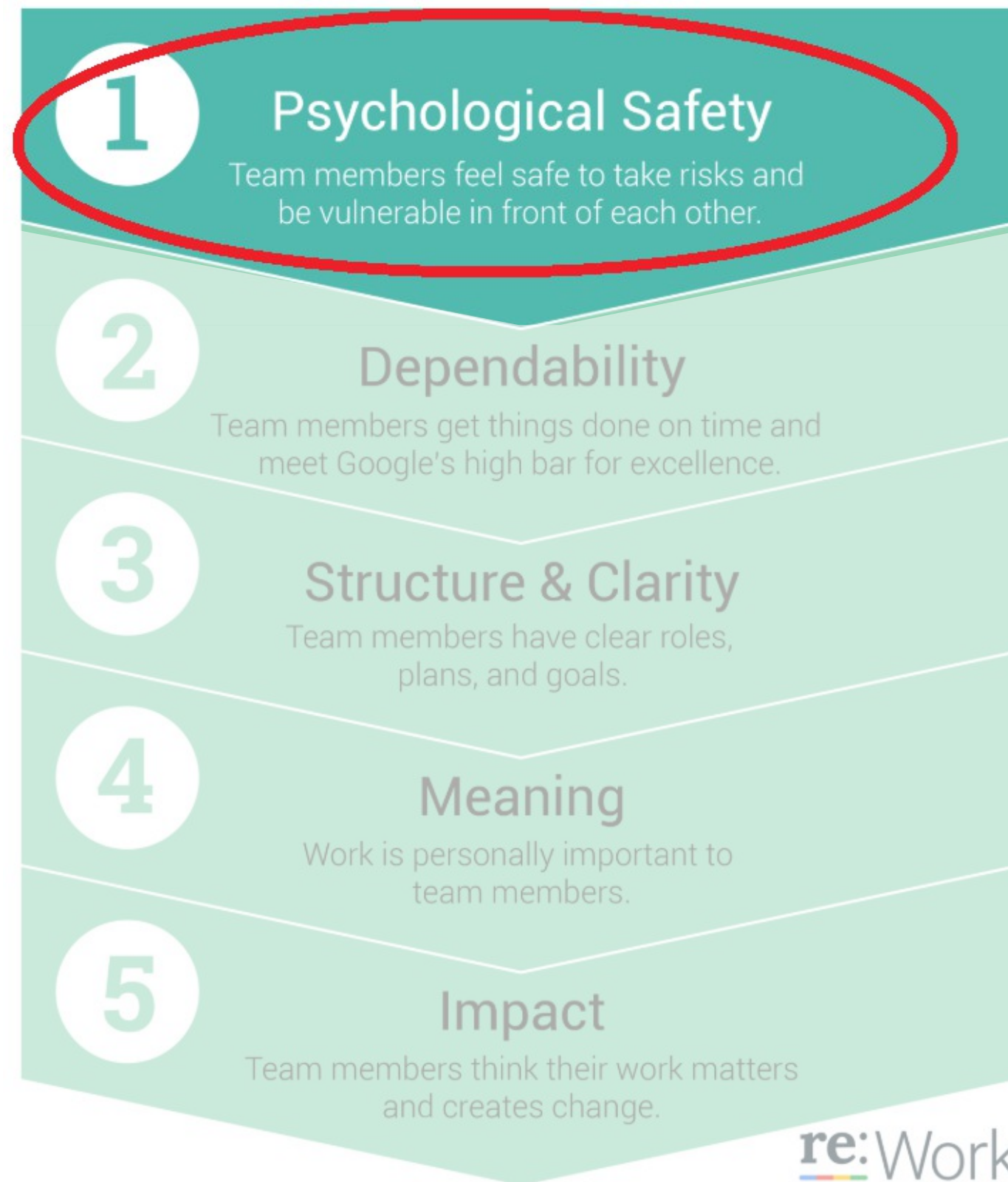
6x more than men

**TEAR
DUCTS**

Smaller







NEGATIVE

Anger



Embarrassment

POSITIVE

Excitement



Optimism

How we **feel** emotions

How we **react** to emotions

How emotions are **received**

How we **feel** emotions

How we **react** to emotions

How emotions are **received**

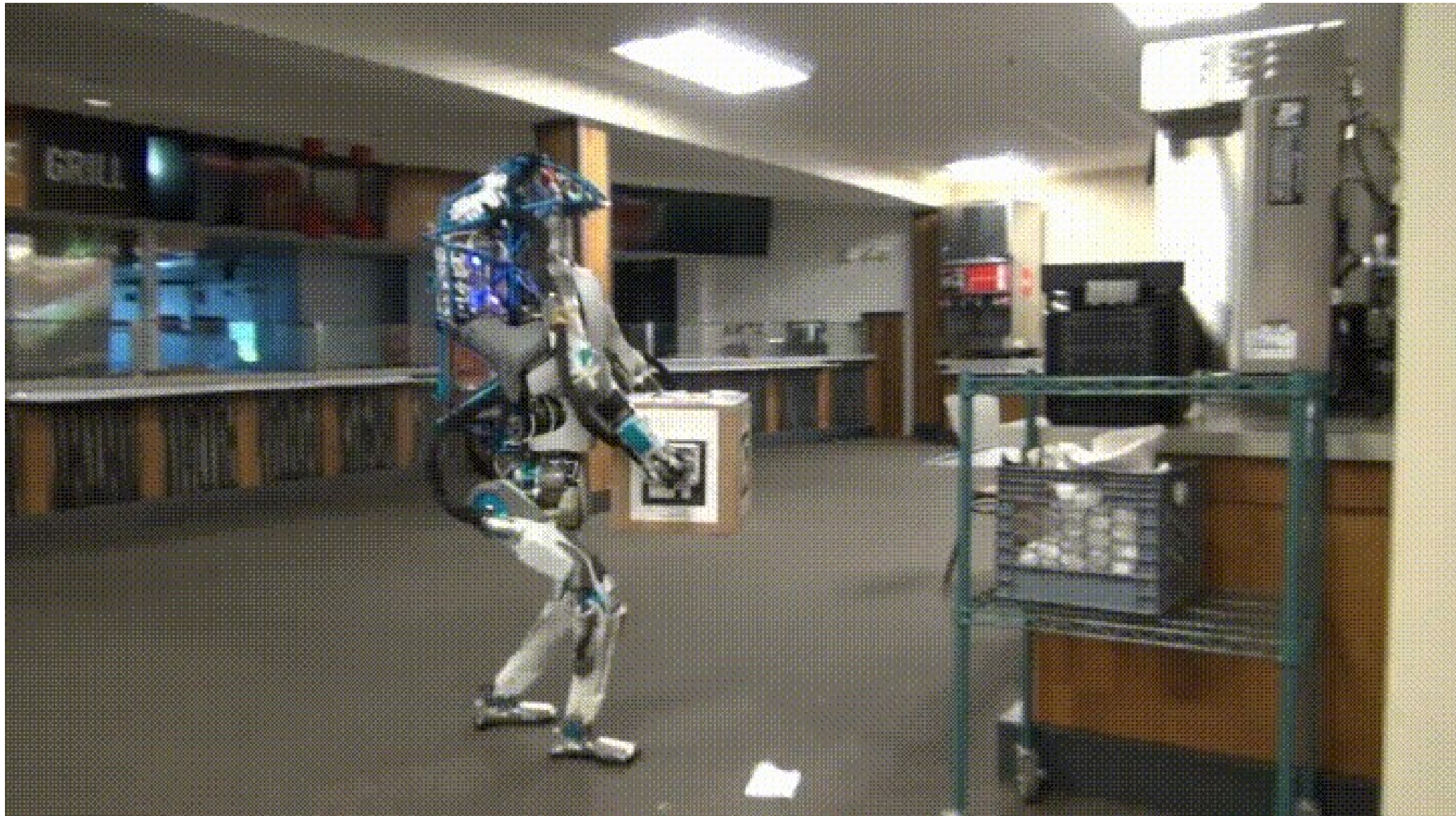
How we **feel** emotions

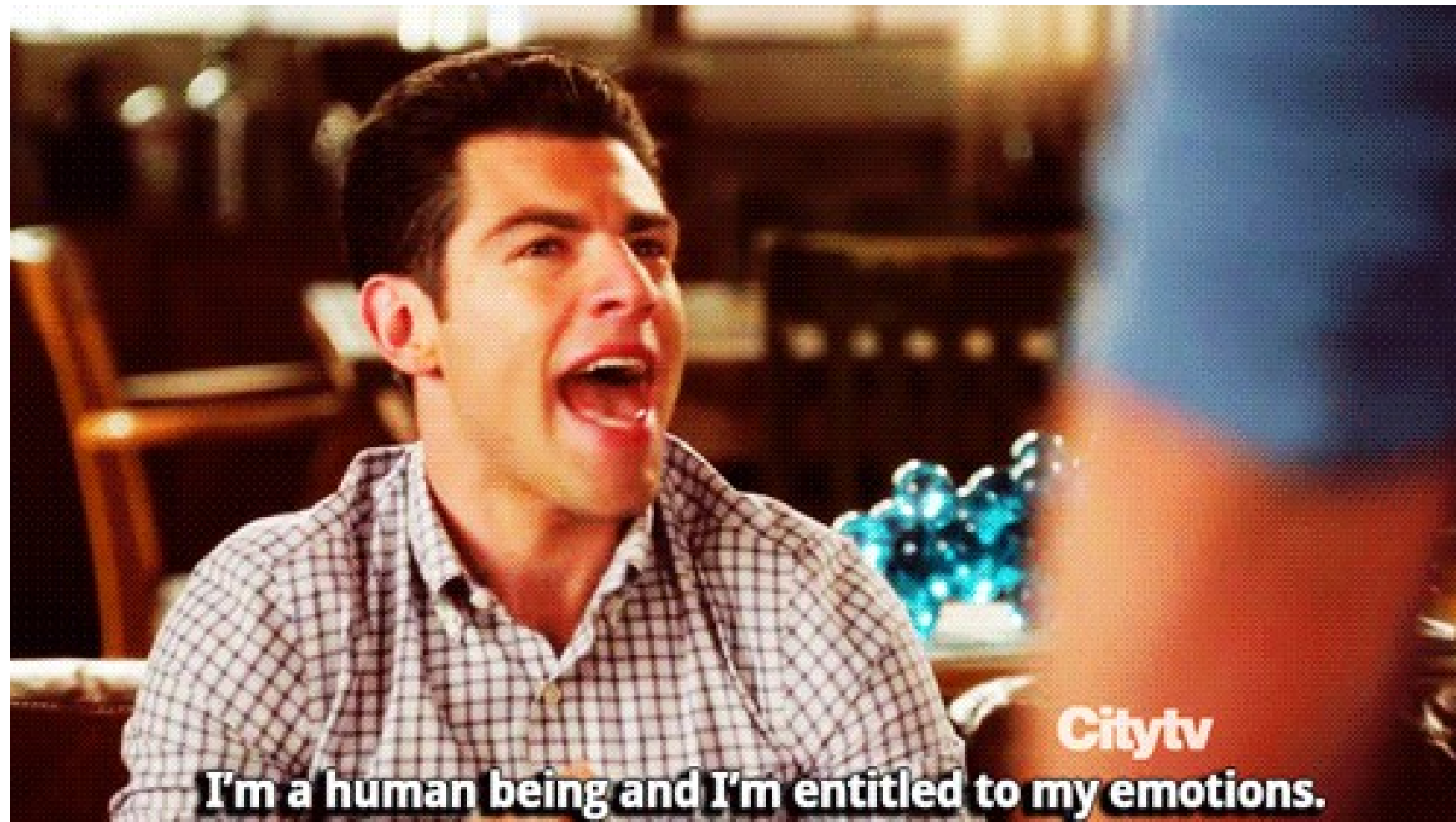
How we **react** to emotions

How emotions are **perceived**

**WHAT CAN WE
DO ABOUT IT?**







I'm a human being and I'm entitled to my emotions.

TO LEARN MORE:

- Testimonials
- Research/Stats
- More in-depth presentation

THOUGHTS/FEEDBACK:

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