2022.06.22 Moodster

伙伴们，还记得本期话题的含义吗？Moodster = Mood + Monster or Master? It is up to you. 正所谓，一念放下，万般自在。我们最大的敌人不是别人，可能是自己。如何驯服内在的情绪怪兽，让他们对我们俯首称臣？不妨在会后继续练练即兴演讲的这些话题，或扩写成一篇备稿演讲哦。附上会议议程，方便你到会议录像里点播想看的内容。

一、Table Topics Questions:  
 1. How do you relax under mood pressure?

2. How do you recover when you really dropped into a bad mood?

3. What's your efforts to maintain a good mood status? Calm, happy, and energized.

4. Do you perform better in controlling yourself at work than in personal life, and why?

5. Why does mood matter in our personal lives?

6. Do you think the state of mind or mood greatly affects the work performance in our business life, and why?

7. Talk about one of your experiences of successfully controlling your mood and your achievements.

8. Please share one of your experiences of getting annoyed, and how you take care of it?  
  
二、会议录像链接：「2022.06.22-Moodster.mp4」https://www.aliyundrive.com/s/AVAb9ia8LvP

三、会议Agenda:

Table

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