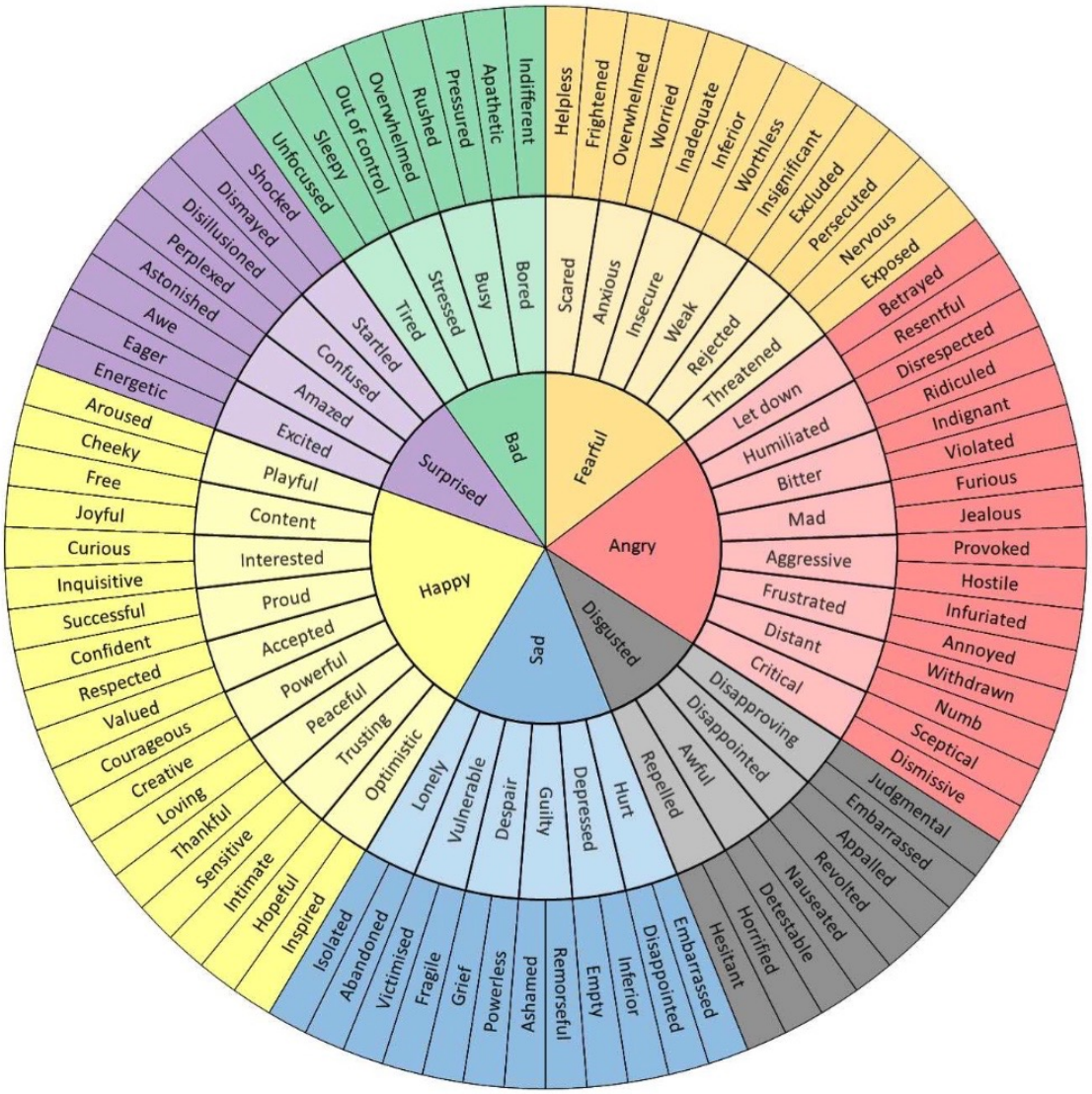
Nahla Summers Coaching

Your Wheel of Emotions

Being able to identify your emotions is a hugely powerful tool when going into the workplace but also in helping to raise your self awareness.

Top tip - Keep this near you so when you are experiencing emotions you are better able to name them.

Detailed - Wheel of Emotions



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