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## Mindful Workplace Developing Resilient Individuals

**mindful emotion coaching - ehcap** - focus for today - understanding the how to of emotion regulation - dan siegels metaphor the hand model - john gottman [5 steps of emotion coaching **western state hospital - karrasconsulting** - 1802 black lake blvd sw, suite 101 • olympia, wa 98512 360-867-1410 • karrasconsulting western state hospital ceo recruitment announcement

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