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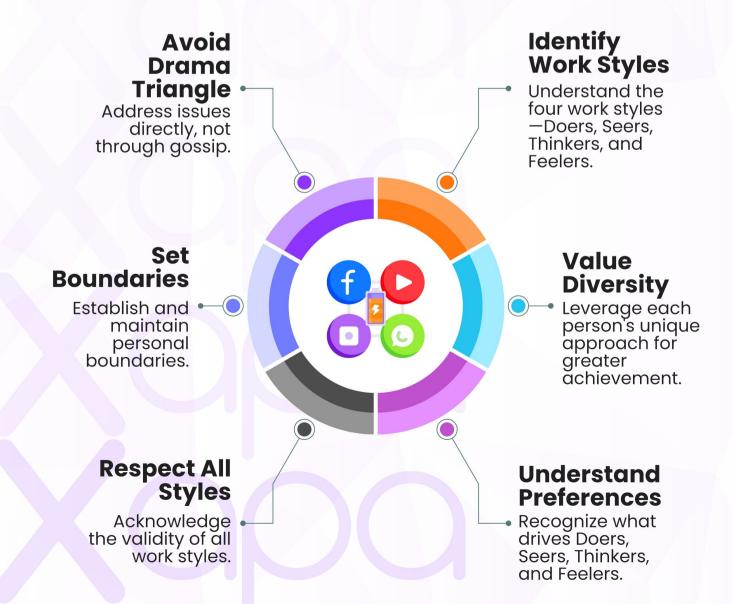




Reference Source "Powered by Me" by Dr. Neha Sangwan

## Healing

Focus on social energy management, conflict resolution, and boundary setting to enhance relationships and emotional wellbeing. This module covers managing social interactions, recognizing diverse work styles, and fostering positive communication.



## Top 10

Social energy fluctuates throughout each day with every interaction or exchange that you have.

1

There are four Work Styles: Doers, Seers, Thinkers, and Feelers.

2

3

The success of your boundary-setting is not dependent on how others respond; it's about being true to yourself and your needs.

Clear boundaries create safety and support in your relationships, so don't shy away from establishing them.

6

All Work Styles are valid and can combine to round out our natural

By valuing different approaches, we can harness each person's gifts to accomplish more.

4

strengths and vulnerabilities.

5

Doers love getting things their seers letting things feel only the following selers love being horoblems.

Other being horoblems.

The Drama Triangle is a dysfunctional dynamic in which people talk about each other, not to each other.

Avoiding conflict only makes it grow bigger, transforming an interpersonal fight (between you and another person) to internal conflict (you versus you)

Regardless of outcome, it's important to voice your perspective and insights to create positive change in your work or home environment.

**TAKEAWAYS** 

**Balancing** Social Energy

Handling Conflict **Promptly** 

Navigating the Drama Triangle

Setting Healthy **Boundaries** 

**Understanding** and Valuing Work Styles