



gali**barhava**.com

Emotional Intelligence Emotional Permeability, and boundaries

DR. GALI / BARHAVA



DR. GALIA BARHAVA

Galia's mission is to help individuals and organisations strive for, and achieve vitality.

Psychologist by training, Galia's professional experience includes consulting, senior executive and governance roles, executive coaching and founding a social change organisation. She is passionate about mindfully using the best available evidence to drive positive change in society at large.

Galia intimately understands the challenge of living a life full of vitality and wellbeing in today's world. Against the odds, she was successfully treated with a combination of chemotherapy and a human-centered approach for a rare, and potentially lethal autoimmune disease. This life-changing experience has led her to complete an award winning PhD on the experiences of people treated in human-centered therapies for chronic conditions.

Galia's thinking is shaped by her personal and professional experiences. Her professional offering is focused on the key components she views as necessary to achieve vitality across all of life's dimensions.

This series of introductory talks and workshops, brings together her extensive experience in solving complex problems for individuals and organisations, her expertise in designing and facilitating impactful workshops, and her ability to crisply articulate the 'so what' from contemporary scientific research. Each is a stand-alone offering to allow organisations to choose what is most relevant to them.

Get your team to focus on key components viewed as necessary to achieve vitality across all of life's dimensions.

Emotional Intelligence, Emotional Permeability, and boundaries

Have you heard of work ‘frienemies’, ‘time-suckers’ and ‘emotional-vultures’?

Have you wondered why is it that some people seem to feel things more strongly? And is it a bad thing?

Are you more affected than others by insensitivity, rudeness and generally poor behaviour by colleagues?

Or is there something more to it?

In this introductory talk, Dr Galia Barhava-Monteith will use stories and science to explain why different people experience the same behaviours differently, for good and for bad. She will outline the consequences affecting their health and wellbeing. Covering the most effective strategies, Galia will draw on her own PhD research into the human-centered approach of treating chronic illness.

Details

Setting boundaries workshop (for up to 6 participants)

This highly interactive workshop builds and expands on the introductory talk.

Drawing on her 20 years experience of facilitating workshops, this workshop is focused on working with participants to explore their own Emotional Intelligence, Emotional Permeability and approach to setting boundaries.

Participants will:

- Learn to recognise when their personal boundaries are compromised and what to do;
- Learn to recognise when others’ personal boundaries are compromised and how to help them address it;
- Learn science based techniques to protect their own emotional and physical health and to support others in doing so.

[Click for more info / bookings](#)