



**PSIHOTERAPEVTSKI  
ELEMENTI ZA KADROVNIKE  
MED IN PO KARANTENI**

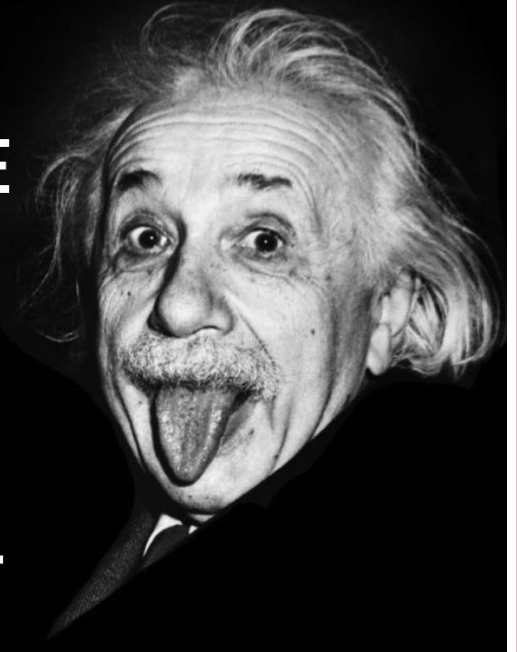
**Eva Erpič, zakonska in družinska terapevtka**





- 1. Umiritev
- 2. Nov način življenja
- Dovolj dobri starši

**INSANITY: DOING THE  
SAME THING OVER  
AND OVER AGAIN,  
AND EXPECTING  
DIFFERENT RESULTS.**



# POGOVOR

**YOUR EMOTIONAL AWARENESS**

**AND ABILITY TO HANDLE FEELINGS**

**WILL DETERMINE YOUR SUCCESS**

**AND HAPPINESS IN ALL**

**WALKS OF LIFE.**

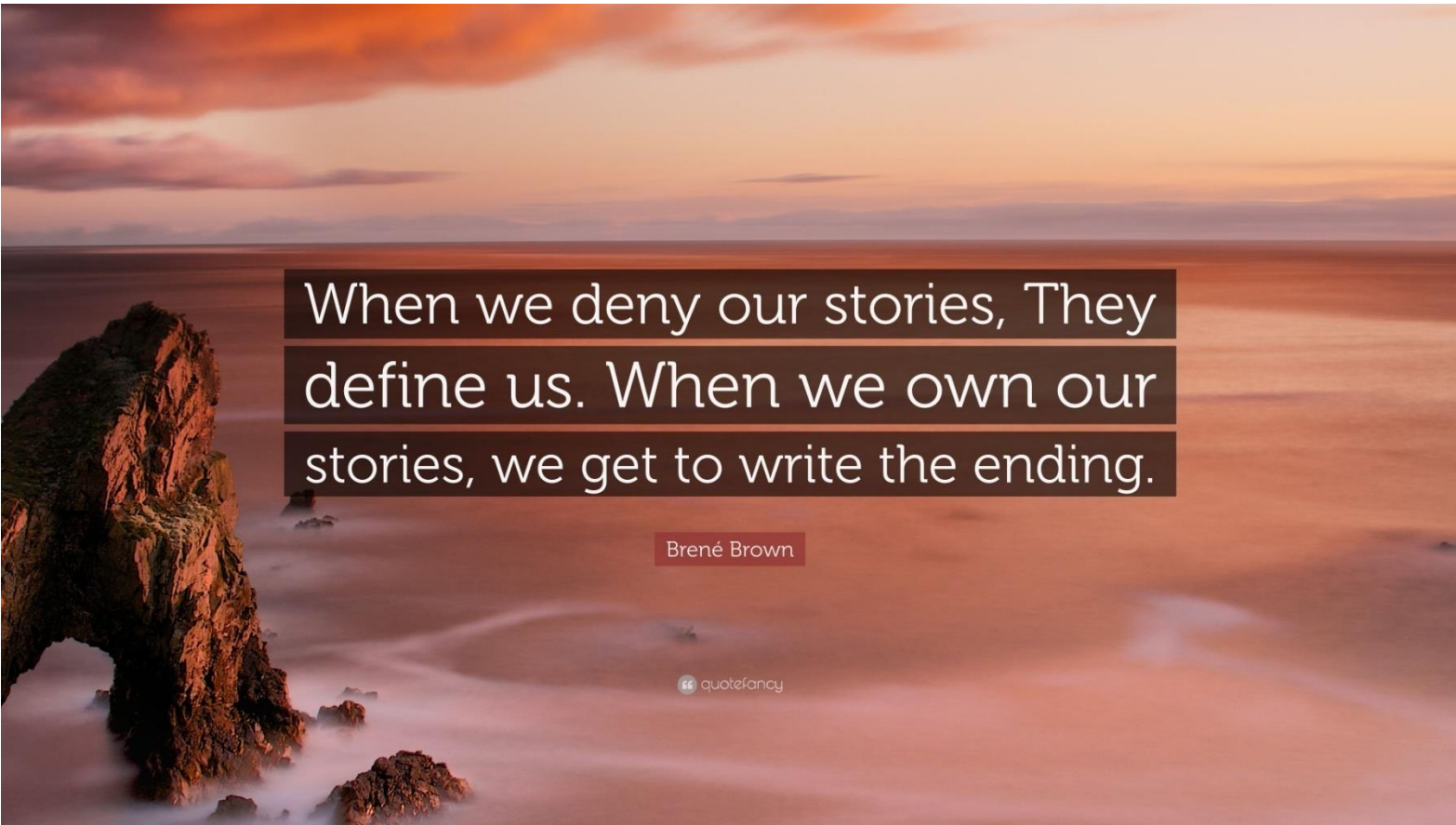
*The Gottman Institute*



# RAZISKOVANJE



# POSLUŠANJE



When we deny our stories, They  
define us. When we own our  
stories, we get to write the ending.

Brené Brown

quotefancy



# NEOBISOJANJE





# POVEZANOST

## *Connection*

—

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

**Brené Brown**



# UČENJE



# HVALA ZA VAŠO POZORNOST



*Eva Erpič*