

Session 3

Authority Stress Management



Authority

~~Pressure~~

~~Force~~

Bilateral process based on mutual acceptance producing respect.

Legal authority

→ ranking, position → C1 (cover)

Task authority

→ knowledge, experience → C2 (competence)

Personal authority

→ touch, transfer ability → C3 (coolness)



Stress Management

Twin Factor Theory of Emotions (Schachter)

