Session 3

Authority Stress Management



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Authority



Bilateral process based on mutual acceptance producing respect.

Legal authority

 \rightarrow ranking, position \rightarrow C1 (cover)

Task authority

 \rightarrow knowledge, experience \rightarrow C2 (competence)

Personal authority

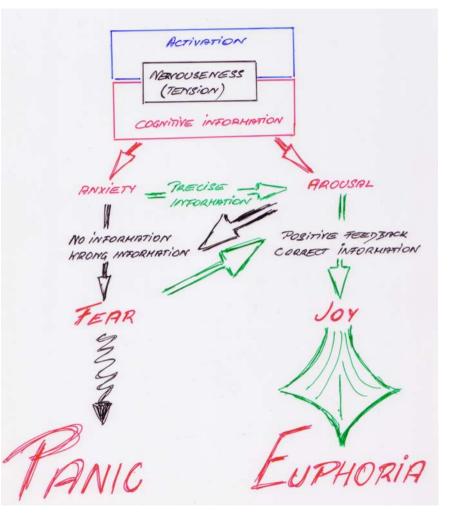
 \rightarrow touch, transfer ability \rightarrow C3 (coolness)



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Stress Management

Twin Factor Theory of Emotions (Schachter)





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