

Liz Fosslein says it is almost impossible to just
your emotions off.

a switch when you arrive at the office and turn

We give a totally wrong interpretation of
and even cold at work.

when connecting this term with being stoic

According to Liz, there will be a big difference in how people respond to you if you discard your glossy

However, we should be aware of boundaries in order not to come across as a weak person who lacks

On the one side, there are reserved people, or
colleagues.

, who find it tough to open up to their

On the other side, there are

who tend to permanently talk about their feelings.

A healthy is almost impossible with such extremes.

However, the golden mean exists and it's called

It's about flagging your feelings without jeopardizing

and stability.

Fortunately, anybody is able to learn to be selective vulnerable with

.