EMOTIONAL INTELLIGENCE









EMOTIONAL INTELLIGENCE

The learned ability to regulate emotions effectively and interpret messages correctly.

EMOTIONAL INTELLIGENCE = ACT

Awareness - Realize how emotions impact your world

Clarity - Seek clarity and understanding at all times

Timing - Know when and where to deliver messages



AWARENESS

Take a Pulse Check

Identify Triggers

Be Present



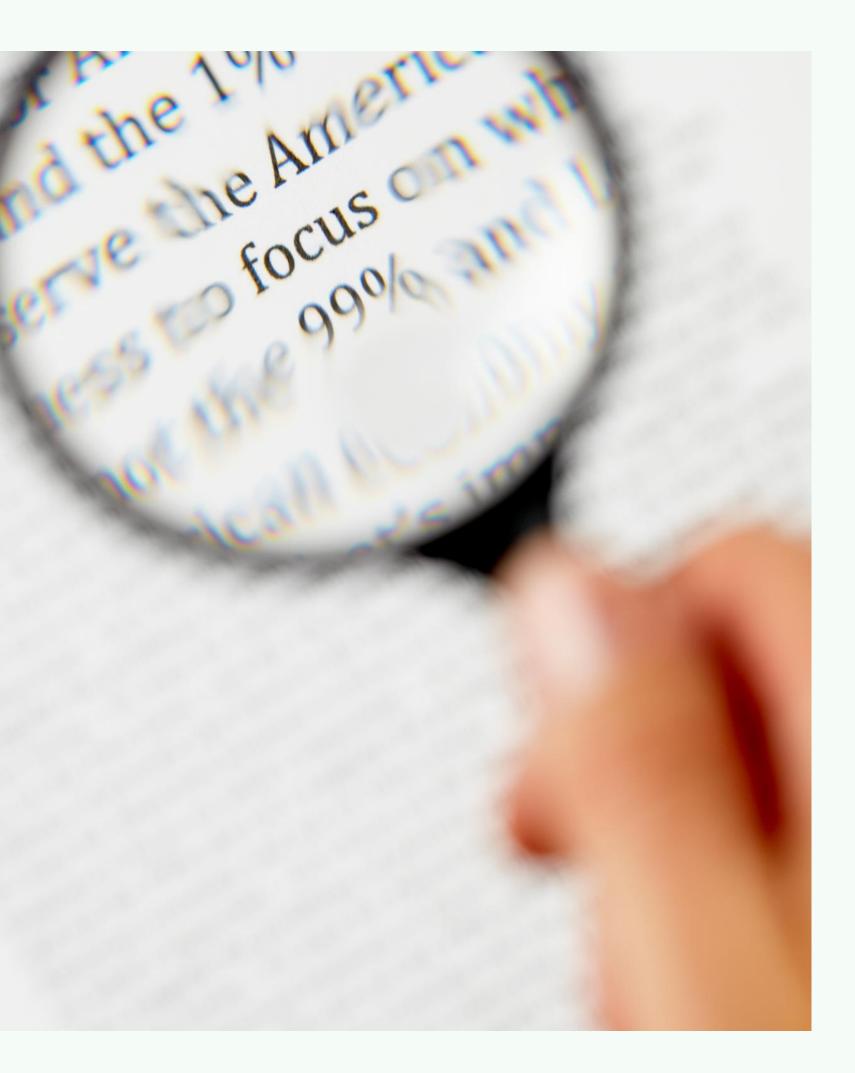


CLARITY

Ask Questions

Seek to Understand Interpretation

Remove Emotional Expectations







STOP Stamp Collecting

Allow for Recovery Time

Consider Outcomes Over Desires



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Timing - Know when and where to deliver messages

REMINDERS...

You collect enough stamps you go postal.

Silent expectations kill relationships.

Don't let your 3 day fall out of your mouth.



THANK YOU

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Monthly Updates and Invites