

Emotional Intelligence

A two night course

Emotional intelligence has been defined as the ability to identify and manage your own emotions and those of other people. It involves becoming mindfully aware of your own emotions and those of others around you, as well as learning to use your emotions for your benefit - have your emotions work for you, not against you.

People with high levels of emotional intelligence usually display high levels of resilience. This makes sense, as emotionally intelligent individuals don't crack easily in challenging situations. Instead they use their emotional awareness and management skills to cope with and overcome adversity. Emotional intelligence is an important skill that takes time to develop, however it can help you improve your relationships with others, as well as with yourself. Understanding and developing emotional intelligence gives you an increased capacity for empathy and an increased sense of personal power and self-compassion.

Mindfulness, *or being self-aware and self-accepting in the moment*, is an important element of emotional intelligence. You cannot be truly emotionally intelligent without mindfulness of your emotions.

This two night course brings the knowledge of mindfulness to the development of Emotional Intelligence. This course is perfect for people who have already attended our one night Mindfulness course.

Where: Relationships Australia, Lotteries House, Anzac Place, Mandurah

When: Mondays 19 & 26 June, 6.30pm to 9pm

Fee: \$50 per person (\$25 for concession card holders).

Places are limited so book now on 6164 0588

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