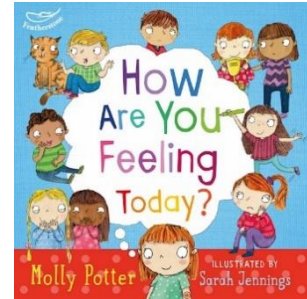


Want to Know More About Emotional Intelligence?

Molly Potter, bestselling author of *How are you Feeling today?* invites you to three sessions in which you will:



- Explore what emotional intelligence is.
- Consider why it is so important.
- Reflect upon your own emotional intelligence (non-intrusively).
- Learn how to improve your child's emotional intelligence.
- Consider coping strategies for the management of anger, anxiety and low mood.

Session 1

What are the effects of poor emotional intelligence?

What is emotional intelligence?

How does someone with excellent emotional intelligence process emotions?

What messages have you received about emotions and how might they impact on how you deal with emotions?

Session 2

What are we aiming for when developing emotional intelligence?

A 'curriculum' for your children – what do they need to learn and why?

Practical tips for helping your child become more emotionally intelligent.

Your role in helping your child to self-regulate.

Gender differences with respect to dealing with emotions.

Session 3

Why we evolved different emotions – using psychoeducation with your child.

Helping your child to manage anger.

Tips for coping with anxiety.

How to address low-mood.

Practical Details

When:

Where:

Duration: Each session will last an hour

Cost:

MOLLY POTTER
emotional literacy & wellbeing

