

# SCHOOL OF EMOTIONS

Understanding  
Emotional  
Intelligence

Improve  
Mental health  
Mind and  
heart



Where exactly  
do emotions  
come from?

How to become  
emotionally  
Smarter

SCHOOL OF EMOTIONS

Tuhinga o mau

**THURSDAYS:  
10AM— 11.30AM  
STARTS 3RD SEPTEMBER 2020  
16 WEEKS  
AT CENTRE 401 TRUST  
TE WHARE WHAA RAU MA TAHI**