

## What You Will Get Out of these Workshops?

...skills to live a healthier and happier life

...a booklet for each workshop, that has practical tips for improving your Emotional Intelligence

...group support to put some of the ideas into action

...Self Education

...A relationship with your own personal emotions

...Invitation to the Graduation at the end of the series

...Self discovery



**SCHOOL OF EMOTIONS**  
Centre 401 Trust

Want more Information?

Phone: 0-7 838 0199

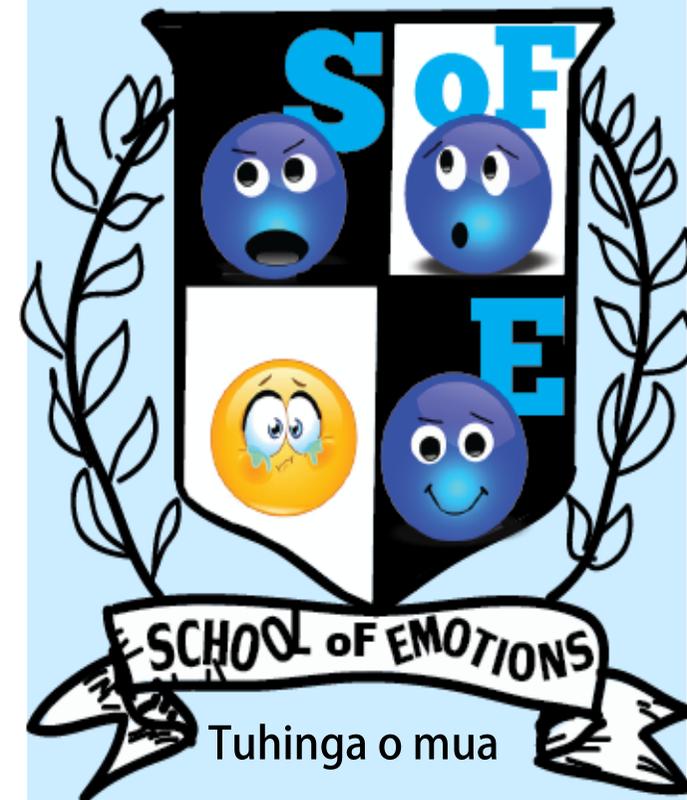
E-mail: [mihaka@centre401.co.nz](mailto:mihaka@centre401.co.nz)

**Thursday's**

**10.00—12;00**

**STARTS 19 August 2021**

**16 WEEKS**



**“upping your  
Emotional  
Intelligence”**



## Overview of SCHOOL OF EMOTIONS

The School of Emotions is a series of **sixteen** 2 hour workshops which will be held weekly.

The topics that will be covered are

1. **Understanding Emotional Intelligence.** what emotions are, where they come from and how they can help or harm you.
2. **Finding Meaning and Purpose in Life**
3. **Creating Healthy Relationships**
4. **Dealing with Anger**
5. **Working with Grief**
6. **Dealing with Loneliness**
7. **Working with Anxiety**
8. **Developing Self Compassion**



Every  
Thursday  
10.00-12:00

## Workshops

This is an Educational Course **NOT** a therapy programme. We will use our minds to think about and explore our emotions in order to recognize, understand and choose how we can think, feel and act in the future. Each topic will be explored over 2 weeks. In the first week we will learn about the topic and how it applies to our lives and in the second week we will do practical activities that support us to integrate some new skills into our lives. Workshops will be informative and practical. Each workshop participant will receive a booklet to keep, that will cover the main areas discussed, as well as practical ideas to implement which can assist you to increase your EI score.

“Emotional intelligence is a way of recognising, understanding and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves”

## DID YOU KNOW...?

...your Emotional Intelligence (E.I) is more important to your success in life than your Intelligence (I.Q)?

....that your can improve and strengthen your Emotional Intelligence?

....that you can learn to manage your emotions so that they don't control you?

....that there are practical ways of using your emotions to support you?

....that your emotions are not always telling you the 'Truth'

....that by improving your emotional health your mental health is also improved?

## 4 Core Emotional Intelligence Skills

