



MindSpring Consulting
966 Tunnel Road
Asheville, NC 28805
Inquiry@HelpingYouGrow.com
www.HelpingYouGrow.com
828-298-2488

Emotional Intelligence in Daily Living and Working

Quick Look: Weekend program (6:00 PM Friday - 3:00 PM Sunday) / \$435.00

OVERVIEW

MindSpring's Emotional Intelligence in Daily Living and Working workshop helps you examine your emotional make-up to clarify some of the principles, patterns, and processes responsible for producing outcomes in your life. This program takes a realistic and empowering approach toward acknowledging universal principles of our emotions that contribute to good health, satisfying relationships, purpose, passion, creative energy, and peace of mind.

OBJECTIVES

- Raise your EQ (Emotional Intelligence) in order to direct the flow, energy, and intention of your emotional machinery at will, regardless of the circumstances.
- Learn how to create a richer personal life by learning to sense, understand, and apply the power of your emotions as a source of energy, information, trust, creativity, and influence.

BENEFITS

- Recognize the mind's nature, function, and purpose.
- Learn how to use your mind, sometimes by changing it, to achieve the function and purpose you desire
- Explore repressed emotions of love, envy, anger, fear, and grief.
- Recognize positive and negative emotional patterns, plus identify thoughts and body sensations that trigger negative emotional patterns.
- Increase personal satisfaction by understanding the source of depression and what you can do about it.