

ERIC BARTOSZ

AUTHOR/FOUNDER
PROFESSOR/SPEAKER



BAR40

WWW.BAR40.ORG



Without question, college is a unique period of life ideally suited to deliver countless new experiences alongside great strides in knowledge. Unfortunately, there is no instruction manual for students dealing with the transition to this next phase of post-childhood life and "they'll figure it out" is a sub-optimal plan. Having the tools to achieve the best version of ourselves through Emotional Intelligence (EQ) provides the framework for a lifetime of personal and professional success. EQ, more than IQ, is considered to be one of the defining factors in determining health, happiness and professional advancement over the course of life. These 1-hour sessions are based on the bestselling BAR40 methodology and provide a fundamental first step in the journey of developing these powerful skillsets.



COLLEGE EQ WELLNESS SESSIONS

- 1-HOUR SESSIONS FOR TEAMS OR GROUPS
- INTRO TO EQ: SELF-AWARENESS, SELF-MANAGEMENT, SOCIAL-AWARENESS, RELATIONSHIP MANAGEMENT
- MENTAL WELLNESS: DEALING WITH STRESS AND ANXIETY
- SOCIAL MEDIA PROS AND CONS
- HABIT FORMATION AND ELIMINATION STRATEGIES
- PERSONAL ACCOUNTABILITY
- SLEEP HYGIENE AND THE BAR40 SOBER CHALLENGE
- STRATEGIC LIFE PLANNING TECHNIQUES
- INTERACTIVE Q&A



As Seen On

