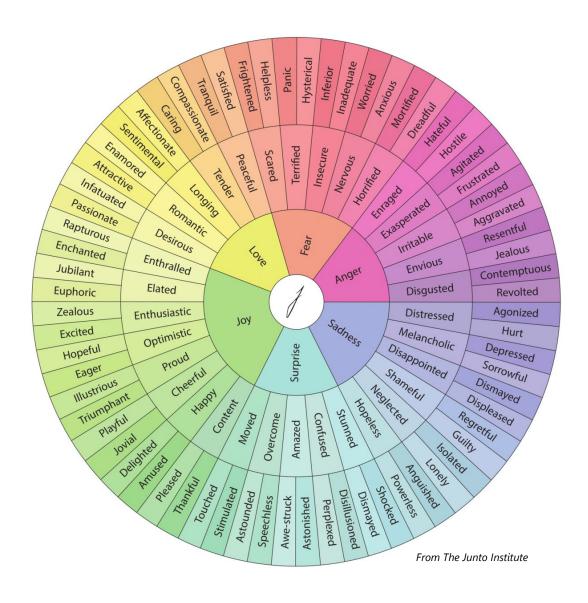
## **Emotion Wheel**

Build your Emotional Intelligence by implementing a daily practice to use the emotion wheel to identify the emotions you've been feeling throughout the day.

Share your emotions with a loved one or trusted colleague to build and strengthen relationships.





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