



Twas the Night Before EI

Twas the night before Christmas and all through the towns, families were stressing and having meltdowns. The stores full of conflict despite valid reason; effective communication was sold out for the season. Although empathy and objectivity were part of the act, arrogance and impulsivity threw it all out of whack.

Shoppers returned home to prepare the big night, but adults couldn't agree and they continued to fight. So children sat silent alone with a phone, while interpersonal skills dwindled, self-expression monotone.

Santa himself watched from above in his sleigh. "These folks need some help before they completely lose their way!"

When what to my wondering eyes did appear...emotional intelligence, authentic and sincere. Self-perspective, emotional expression, interpersonal skills abound – while effective decision making and stress management turned the town upside down.

And all of the sudden and out of the blue, the towns people were aware - and life was anew! The children began to put down their phones, playing together with minimal groans. They started to speak and express their delight; they worked out their problems and relent any spite. Parents maintained their opposing perspective, but deliberated with poise and became more reflective.

As the night grew dark and the towns people slept, Santa peered down and he practically wept. "If we all take the time to become self-aware, the holiday spirit will echo the air. If Emotional Intelligence can change this small town, resilience is possible for all those around!"



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