

Emotional Intelligence: enriching & empowering lives since 1990

master yourself!
master your life!

neuroscience is cool

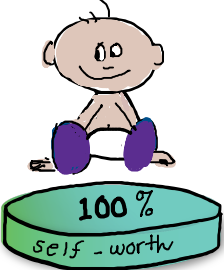
The paradox is one of our greatest gifts. We live the fullness of life through experiencing light & dark, truth & illusion, and fear & love. Emotional intelligence leads us to accepting the whole of who we are!

live a life you love...@home, @work, & everywhere in between!

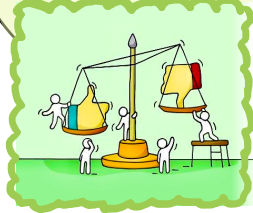
We are precious & unique. we were never meant to be measured or compared to each other or to a standard!



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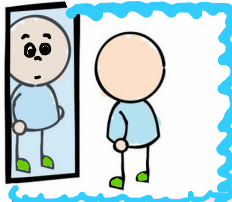


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EI @ outcomes

- increased relationship intimacy
- diffuse conflicts while communicating your needs
- identify & address shifts in family dynamics
- calm & resourceful approach to difficult conversations
- liberation from ruts & resignation
- sharing empowering, deeply connected experiences



self-doubt sneaks in as we begin to question whether we are enough?

EI @ outcomes

- greater individual, team & leadership performance
- initiate change with adaptability & agility
- welcome & grow from honest feedback
- inspire reports to embrace & achieve your vision
- be sought after to join influential networks
- enhanced creativity, innovation & insight



we begin to hide the parts our ourselves we fear will not be accepted by others!
when we do this, we also conceal our very best gifts!

seeking constant validation for our curated self takes a toll on others as we often become triggered into protecting our narrative.

brilliant
leader
strong
attractive



we curate a socially appealing sense of self by identifying with external labels & ideas to contradict un-true, hurtful & painful stories about us!

