

EMOTIONAL INTELLIGENCE:

CULTIVATING EQ FOR BETTER RELATIONSHIPS AND PERSONAL GROWTH

Did you know that people with high emotional intelligence tend to form **stronger relationships** and experience **less conflict**?

Not only that, individuals with greater emotional intelligence experience **lower levels of anxiety and depression** and **higher levels of life satisfaction**.

Unlike IQ, emotional intelligence can grow with intentional practice. **Join us to explore ways to strengthen self-awareness, self-regulation, and resilience**—skills that benefit every stage of life.

REGISTER TO LEARN MORE ABOUT EMOTIONAL INTELLIGENCE!



**JOIN KAPNICK STRIVE ON
WEDNESDAY, JULY 30TH 12:00
P.M.-12:30 P.M. EST**

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