

Free Entry

Passionately Alive Evening

Understanding Emotional Intelligence (E.Q.)

The theoretical understandings necessary to raise your Emotional Intelligence, take greater control of your life, be more successful and happy.

7.30-9.30pm September 18th
Centre for Emotional Intelligence
172 Noone St. Clifton Hill.

In today's tough economic climate it is more important than ever to be at your best. Developing your Emotional Intelligence Skills assist us to be more in tune, more enthusiastic, more determined and more effective.

EQ Assists us in:

Self-Confidence, Managing Life Changes, Improving Relationships
Career Challenges, Clarity and Direction in life, Health and Well being

You are invited to a fun and informative evening where you will learn:

- ◇ What emotions are and how to use them to enrich your life.
- ◇ The four aspects of Emotional Intelligence.
- ◇ How raising your Emotional Intelligence can make you a better partner, parent and friend.
- ◇ How rogue emotions may be ruining your life and what to do about it.
- ◇ How to transform stress and anxiety into peace and aliveness.
- ◇ How to use your emotions for guidance and inspiration.
- ◇ How to use your emotions to assist in getting what you want.
- ◇ How to dissolve frustrating blocks and move forward in your life.
- ◇ How unresolved emotions restrict loving relationships.
- ◇ How Emotional Intelligence leads to leadership performance.

- ◇ The five steps for changing frustration into ease.
- ◇ A simple breathing technique for inducing inner peace.

Nicholas de Castella is a pioneering leader in the field of E.Q. For 16 years he has coached thousands of Australians to success and happiness through Emotional Intelligence.

This evening presents the theoretical understandings of Emotional Intelligence. Further development of Emotional Intelligence skills is available at the Passionately Alive Seminar to be held on July 4-6 in the Dandenong Ranges in Melbourne.

Limited Seating - No charge
BOOKINGS ESSENTIAL - PHONE 03 9739 8889