



This research-based course focuses on the personal development of key Social and Emotional Learning Competencies:

- * Self-Awareness
- * Self-Management
- * Social Awareness
- * Relationship Skills
- * Responsible Decision-Making

Through assessments, activities and self-reflection, participants will learn strategies to effectively increase their level of emotional intelligence. The course also addresses the principles of positive psychology and the proven success that may be realized when one operates in a state of positivity.

When : Friday, April 20, from 9:00 a.m. to 12:00 p.m., and
Tuesday, April 24, from 9:00 a.m. to 12:00 p.m.

Where : Professional Learning Center

Please register for either session in PDExpress. You only need to attend one of the sessions.

did you know?

Decades of research now point to emotional intelligence as being the most important factor in determining a person's success.