

## Workshop Series

A free education session for parents and caregivers

# Emotional Intelligence: The Key To Long-Term Success

**March 8, 2022**

6:30pm – 8:00pm

via Zoom (space is limited)



In school and work, most of the attention goes to IQ - or academic intelligence. Historically, very little attention is paid to EQ - emotional intelligence, or how we understand our emotions and the emotions of others and use this information to navigate relationships and our lives. What if I told you that EQ, not IQ factors more into long-term success for our kids, and it's not even close? What if I told you we're born with our IQ, but EQ is a learned skill that can be taught? Let's get together to learn about EQ and how we can increase our own emotional intelligence, and do the same for our kids so that they thrive long after they're done with school!

**Register in advance for this workshop:**

<https://ca01web.zoom.us/meeting/register/u5wlf-usqjlsG9yNHRoyZ8DMSiF3Rb2JUu6c>

**After registering, you will receive a confirmation email containing information about joining the workshop.**

### PRESENTER:



**Andrew Neufeld**

Andrew Neufeld is the Co-Founder and the Executive Director of Alongside You, Principal at Immerse Consulting, and Clinical Faculty at the University of British Columbia. He is a Registered Clinical Counsellor, Certified Birkman® Consultant and Leadership Consultant, with over a decade of experience working with individuals, couples, families, and professionals. His passion is in helping organizations clarify their goals and passions and design plans on how to get to where they want to be and thrive along the way.

**Email questions for Andrew ahead of time to:**

Kirsten Hermanson, Manager  
Prevention and School Wellness

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**Presented By:**  
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