



EMOTIONAL INTELLIGENCE

What is emotional intelligence? How it is an important tool to understand what we feel, how our emotions affect others, and how to relieve stress? In this presentation, learn why it is so important and the 4 skills you will need to build your own emotional intelligence.

Date: October 29, 2020

Time: 12:00 - 1:00 pm

Presenter: Ericka Brian

10 Points for Attending!

Register Here

To register, please include your full first and last name followed by your EIN Number (in the same box as your last name), your Pima County email address, and work phone number. If you use a different email, you may not receive points.

If you are unable to register in time, please view the webinar here
<https://webinar.anymeeting.com/401-277-181>



Questions? Contact wellness@pima.gov



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