

School-Based Mental Health and Wellness Introduces

Dr. Ernie Mendes

Presenting

EMOTIONAL INTELLIGENCE SERIES

Emotional Intelligence is the ability to manage both your own emotions and understand the emotions of people around you. There are five key elements to EI: self-awareness, self regulation, motivation, empathy and social skills.

Join Us In a Session for Educators to Get Answers to These Questions:

- ✔ *What should I expect from student behavior into this new school year?*
- ✔ *How do I create a safe and productive learning environment for students affected by outside influences: fires, homelessness, changes?*
- ✔ *How do I muster and maintain mental and emotional strength when I have also been affected by current events?*



Session Date

September 26, 2022
4:00pm - 6:00pm

Pre-Register
or join
anytime on
Zoom

Zoom Address:
<https://bit.ly/ErnieMendes>

ADDITIONAL SESSIONS TO MARK ON YOUR CALENDAR

For Educators

- October 24, 2022
4:00 pm - 6:00 pm
- November 16, 2022
4:00 pm - 6:00 pm



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Contact us

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