



# KEEP LEARNING

## Emotional Intelligence

**Days:** Tuesday 31 October

**Times:** 10am-12pm

**Location:** Online



This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including empathy and understanding different perspectives.

Overall, the suggested tips and coping strategies should help you to start challenging your learnt behaviours; become more in tune with your emotions and in time build up your resilience. This workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of emotional intelligence. Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

