



# EMBRACING HEARTS

Emotional Intelligence Series for Families

## FIRESIDE CHAT

Emotional intelligence (EQ) is the ability to understand, use, and manage emotions in positive ways. It's crucial for developing strong relationships, making good decisions, and managing stress effectively. As parents, fostering EQ in your children can lead to a happier, healthier family environment.

### What You Will: Hear:

- Intro to Emotional Intelligence
- The Importance of Social and Emotional Learning (SEL):
- Benefits of Emotional Intelligence
  - Decision Making
  - Resilience
  - Self-Awareness
  - Stronger Relationships

Speaker: Aleasa Word, CEIC, CTSS  
Certified EQ Coach Practitioner &  
Trauma Support Specialist

## WORKSHOPS

### Embrace the Feels

Dive into the world of emotional literacy and discover the power of feelings. This workshop will guide you in teaching your children how to identify, understand, and express their emotions effectively without judgement.

### Confidently Enough

Equip your children with the tools to develop emotional intelligence and accountability. Learn strategies to encourage responsible decision-making and foster a caring attitude in your children.

### Moving Ahead with My Heart to Yours

Cultivate a family culture of optimism and resilience. This workshop will help you and your children develop the skills to face challenges head-on and emerge stronger and more hopeful. Learn how to foster empathy and acceptance within your family, promoting a more inclusive and compassionate home environment.



## MORE INFORMATION

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## ABOUT US

A Word & Company is a full service consulting and coaching firm infusing emotional intelligence and cultural competency into every day living for better outcomes.