

# A CULTURE OF CONNECTION



## Emotional Intelligence

Watch the Video:

<https://www.youtube.com/watch?v=CDRmsK9ErLA>



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## DISCUSSION QUESTIONS

1. What is a common situation where it's easy to lose your cool? In the moment, what do we want to say or do?
2. Now apply emotional intelligence. Why do we tend to react the way we just did? What would be a better way to respond?



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We welcome your feedback. Contact us with any questions, concerns or ideas.

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