

Marc Brackett, Ph.D.

Thursday, Oct. 29 - 7PM
Live Online

Permission to Feel: *The Power of Emotional Intelligence to Achieve Well-Being and Success*

Join us for an insightful evening with Marc Brackett, as he explores why emotions matter and why what we do with our emotions is especially important.

The goal of this presentation is to (1) inspire a new mindset around the power of emotions to transform our lives, (2) describe the five key underlying skills of emotional intelligence, known as the “RULER” skills, and (3) provide innovative strategies and tools for developing emotional intelligence so that our emotions help, rather than hinder, our well-being and success at home, in school, at work, and in everyday life.

Audience: Parents of kids in grades K – 12

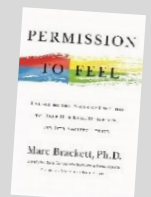
Admission: Free

Register: <https://mvla2020-21-marcbrackett.eventbrite.com>

About Our Speaker



Marc Brackett, Ph.D., is the Founder and Director of the Yale Center for Emotional Intelligence and a Professor in the Child Study Center of Yale University. He is the lead developer of RULER, an evidence-based approach to social and emotional learning that has been adopted by nearly 2,000 pre-K through high schools across the United States and in other countries. He also serves on the Board of Directors for the Collaborative for Academic, Social, and Emotional Learning (CASEL).



Admission is free,
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