

POSITIVE COPING SKILLS – A YEAR FROM TODAY

EMOTIONAL INTELLIGENCE: BE AT YOUR BEST IN TIMES OF STRESS

Dave will share his perspective of the roller coaster ride that is life today. He will provide insights into how to become more resilient.

There are four main signs of emotional distress.

1. **Physical:** Low energy, aches and pains, frequent illness
2. **Emotional:** Irritability, feeling overwhelmed, moodiness
3. **Cognitive:** Inability to concentrate, memory problems, poor judgment
4. **Behavioral:** Eating or sleeping issues, procrastination, nervous habits

Are any of these affecting your ability to be at your best?

Dave will share many experiences in dealing with life and his proven Emotional Intelligence strategies for staying positive almost no matter what life hands you. He will leave you inspired and optimistic about your future.

WHO SHOULD ATTEND

Anyone who is coping with stressors either at work or at home. It will leave you with a more positive path forward

UNIQUE FEATURE

This report will illustrate the impact your Emotional Intelligence has on your core behavioral style as well as your top two motivators.

To view a sample: <http://bit.ly/Behaviours>

TESTIMONIALS

"Dave's presentation gave us a message of hope" - PTSD Support Group

"Dave's coaching process provided a place for me to begin, I now see that I have options" - Nunavut manager

ABOUT THE SPEAKER



Dave Neely, our Senior Behavioural Analyst and has a B.A. in Psychology from Queen's University. Dave specializes in providing customized processes designed to help individuals and teams to maximize their performance. His soon to be published book entitled "A Year from Today" outlines his coping strategies. You will enjoy his passion and practical insights into human behavior.



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