

Emotional Intelligence & Life Skills For Students

This course is near and dear to my heart as it aims to equip young adults with essential life skills that aren't usually taught in traditional academic settings. In today's world, our youth face more anxiety, worry, and fear than ever before, and it's vital that we address these issues openly. Our goal is to prepare them for what's ahead in life, beyond just academics and grades.

If you're reading this, I know you care about your child's well-being and want to help them develop into well-rounded individuals. In this series, young adults will learn how to manage their thoughts, a crucial skill for dealing with stress and boosting self-confidence.

Our courses cover a range of topics, including:

- **Do Our Thoughts Really Matter?**
- **Becoming Emotionally Agile**
- **Learning How to Fail**
- **Ingredients of Self-Confidence**
- **Managing Fear and Anxiety**
- **Identifying Our Limiting Beliefs**

From managing thoughts and overcoming anxious tendencies to developing emotional agility and embracing failure as part of the journey, our courses cover it all. Participants will learn practical strategies for turning fear and anxiety into opportunities and maintaining inner peace through self-care.

By enrolling your child in the *Emotional Intelligence for Young Adults Series*, you'll be providing them with the tools they need to succeed both personally and professionally. Don't miss out on this opportunity to help your child maximize their potential.

These courses can be taught on an individual basis, group classes, school environments, church settings and webinars.

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DISCOVERY CALL WITH LEIGHANNE.

