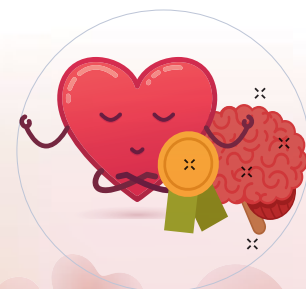


# Heart based Emotional Intelligence

-A Webinar Series with James Joseph



Part 1: December 9, 2017

Part 2: December 10, 2017

at 9.00 a.m. EST (US and Canada) / 7.30 p.m. IST (India).

*"Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80 percent of the "success" in our lives" ~ J. Freedman*

## The Program:

In this 2-part webinar series of 1-1/2 hours each, the speaker, James Joseph will elaborate on the Heart-based qualities and attributes of Emotional Intelligence in a scientific way to manage stress, improve relationships and achieve success and happiness at all levels of one's life. He will connect Science with Spirituality, Quantum Theory with Heartfulness, Uncertainty Principle with *Cleaning* and Quantum Entanglement with *Transmission*.

He will also talk about using the resources of the Heart to go beyond Emotional Intelligence to Spiritual Intelligence and to enable the evolution of consciousness in individuals and communities for creating the foundation for a better world.

## Speaker: James Joseph



James Joseph is a Heartfulness Trainer based in Farmington Hills, MI, USA. Over the last several years he has been exploring ways to bring the tools and techniques of Heartfulness to help people to be happy, successful and stress free at home and work.

He is an Executive Vice President at HTC Global Services in Troy, MI, USA.


# Heart based Emotional Intelligence

join us on  
December 9 - 10, 2017

at 9.00 a.m. EST (US and Canada) / 7.30 p.m. IST (India)

Speaker: James Joseph

sign up  
<https://zoom.us/j/920371973>



## Who should attend?

The program is recommended for Heartfulness practitioners and facilitators interested in conducting programs on this theme at colleges, corporates, non-profit and non-government organizations as well as residential communities.

## What You'll Learn

The program offers a facilitator's toolkit with all the information needed to conduct Heartfulness programs on the theme Heart based Emotional Intelligence.



Through this program, facilitators will:

- Become cognizant of the science behind Emotional Intelligence, and the anatomy of emotions.
- Understand the facets of Emotional Intelligence: self-awareness, self-regulation, self-motivation, empathy and social skills.
- Learn how the elements of Heartfulness practice enhance all the facets of Emotional Intelligence.



## Program Schedule

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Part 2: December 10, 2017

at 9.00 a.m. EST (US and Canada) / 7.30 p.m. IST (India)



DURATION: 90 minutes



So come join, take notes  
and enjoy the webinar.

Register for the webinar series at <https://zoom.us/j/920371973>

**Disclaimer:** Please refrain from posting this event on social media as it is a webinar meant for Heartfulness practitioners.