



challenge + change

# What You'll Learn

<i>Emotional Intelligence</i>	Identifying Your Emotions Philosophy of Emotional Intelligence Framework Defining Emotional Intelligence (EQ) Why EQ Is Important
<i>Emotional Regulation</i>	Negative vs. Positive Self-Talk The Impacts of Stress Using Gratitude as a Tool Identifying Patterns
<i>Creating Healthy Relationships</i>	What Are Healthy + Unhealthy Relationships? The Impacts of Empathy Practicing Emotional Expression Healthy Communication Strategies
<i>Using The Framework</i>	Accepting + Giving Feedback Goal Setting Problem Solving Strategies Having the EQ Conversation with Others