



United Way Suncoast

## Frameworks

Please join us for a family engagement workshop!

### **Emotional Intelligence: Why Your Kids Need it and How You Can Help**

**Tuesday, March 19, 2024**

**5:00 pm**

**zoom**

Registration in advance is required!

[CLICK HERE](#) to register via Zoom.



#### **Workshop Objectives:**

- Define social and emotional competencies and emotional intelligence (EQ)
- Explore the benefits of social and emotional competencies and EQ
- Gain tools and strategies to help build our children's social and emotional competencies and EQ skills



Self-Awareness  
Self-Management  
Empathy  
Relationship Skills  
Responsible Decision-Making