



interact | entertain | energize

20807 Highway N, Waverly, MO 64096



**BUCKLE UP....YOUR ADVENTURE IS
ABOUT TO BEGIN WITH
CANDY WHIRLEY**

Emotional Intelligence:

Know em', Manage em', Choose em

Emotional Intelligence: *Recognizing, understanding and choosing how we think, feel, and act.*

Know your emotions- What tics me off?

Manage your emotions- Self talk—Appreciation Anchor

Recognize emotions in others- Listen/Watch

D

E

S

C

Choose your emotions- All about YOU

Handle emotions in relationships-positive versus negative