



Presents

IFS Informed Emotional Intelligence Workshops

with Jill Mathers



Jill Mathers
InnerDynamicAthletics.com

PO Box 326
West Burke, Vermont 05871-0326
jill@idavt.com
802 467-1144 (voice only)

Looking to transition your mindset? To learn more about the way your emotions affect you and others? To improve your communication skills? Then this **two workshop series** is just what you need to improve your Emotional Intelligence (EI). The goal of emotional intelligence coaching is to enhance intrapersonal and interpersonal communication. These workshops are for everyone, providing you with the tools to gain awareness of your own and others' emotions, the reactions that may stem from them, why you have them, and how to formulate more productive responses.

Emotional intelligence (EI) has been defined as the ability to monitor one's own and others' feelings and emotions, to recognize their impact and to guide one's thinking and actions to productively solve problems and regulate behavior (Salovey & Mayer, 1990).

Internal Family Systems (IFS) is a practice that enables a person to hone these skills. The principles of IFS coincide nicely with the branches of EI. When people are aware of emotions, the reactions they elicit, and the subsequent anticipated behavior in others, this will enhance interpersonal communication and the ability to modulate their own actions and responses to elicit a productive and beneficial outcome in themselves and others in any given situation. **** All are invited to join! ****

Saturday, April 26, 2025 AND Saturday, May 3, 2025 from 9:30 AM to 12:30 PM

\$200 for 6 hours of training

Register at: www.vagaro.com/sweetwaterstudios

For More Information email Jill@idavt.com