

Mindfulness and Emotional Intelligence

Strive Newsletter: February 2018

Mindfulness is about bringing one's complete attention to the present

Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others

Quote of the Month

"Wisdom without compassion is ruthlessness, compassion without wisdom is folly"

Jeff Weiner

Video of the Month

LinkedIn CEO Jeff Weiner on Compassionate Management | Video length: 57 minutes

<https://www.youtube.com/watch?v=7h9esSsOLDE>

Article of the Month

Jeff Weiner, LinkedIn CEO – Managing Compassionately

<https://www.linkedin.com/pulse/20121015034012-22330283-managing-compassionately>

Journaling prompt

When I feel I am understood by others I am.....

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2018

