

Mindfulness and Emotional Intelligence

Strive Newsletter: August 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

"You may not control all the events that happen to you, but you can decide not to be reduced by them."

Maya Angelou.



Video of the Month

Say "Thank You"- A Motivational Video on The Importance Of Gratitude

<https://www.youtube.com/watch?v=7uzynHWxn5Q>

Journaling prompt

I feel most energized when.....

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2018

