

Mindfulness and Emotional Intelligence

Strive Newsletter: June 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

"The feeling that any task is a nuisance will soon disappear if it is done in mindfulness."

Thich Nhat Hanh



Video of the Month

The Power of Mindfulness: What You Practice Grows Stronger | Shauna Shapiro

<https://www.youtube.com/watch?v=leblJdB2-Vo&vI=en>

Journaling prompt

What surprises you about your life right now.....

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2018

