



## Mindfulness and Emotional Intelligence

### Strive Newsletter: April 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

"This is the greatest gift you can give another human being: pure attention"

*Eckhart Tolle*

### Video of the Month

Discover the Three Keys of Gratitude to Unlock Your Happiest Life: Jane Ransom at TEDx

Video length: 20 minutes

Jane Ransom helps people build great relationships—with themselves, their partners and the rest of the world. As a coach and speaker, she draws on the latest brain science, while using true stories to teach and to inspire.

<https://www.youtube.com/watch?v=ewi0qlqrshE&t=29s>

# TEDx

### Journaling prompt

*At the moment I am grateful for .....*

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*Engaged People Thriving at Work*

#StriveToBeMindful #Mindful2018

