

FREE One-Hour TELECLASS, August 11th

INTRODUCTION TO EMOTION EDUCATION

with Joie Seldon

What the heck is Emotion Education anyway?

And how can it help me?

There are two things *not* taught in school that are integral to optimal functioning in the world, and the knowledge of which has enormous impact on how successful one becomes as an adult. One is finances and money management, the other is the purpose of emotions and how they function in the body.

Knowledge is Power applies as much to emotions as it does to anything else.

In this teleclass you will learn:

- The fundamentals of Emotional Intelligence
- The primary function of emotions
- Why controlling emotions does not work
- Emotion myths *not* to live by

Monday, August 11th, 2008

Two Choices of Time

While the essential information will be the same in both sessions (so you can pick the time that works for you) the first call will focus on applying Emotion Education in business.

Emotions in Business:

5:30 - 6:15 pm Lecture

6:15 - 6:30 pm Q&A

General Application:

7:30 - 8:15pm Lecture

8:15 - 8:30pm Q&A

Register by emailing Joie: joieseldon@sbcglobal.net

You will receive the call in number (a toll call) and participant code by return email.

For more information call Joie: 510-536-3335

8-Week Teleclass starting September 16, 2008:

“The FOUNDATION of EMOTIONAL INTELLIGENCE”

“Joie is a masterful guide of the emotional realm.”

Maureen Murphy, D.C.