

Mindfully Choosing Happiness



EQ SCHOOLS

EMPOWERING THE WORLD WITH EMOTIONAL INTELLIGENCE.

TRAININGS + WORKSHOPS

EQ SCHOOLS CONFERENCE

RESEARCH

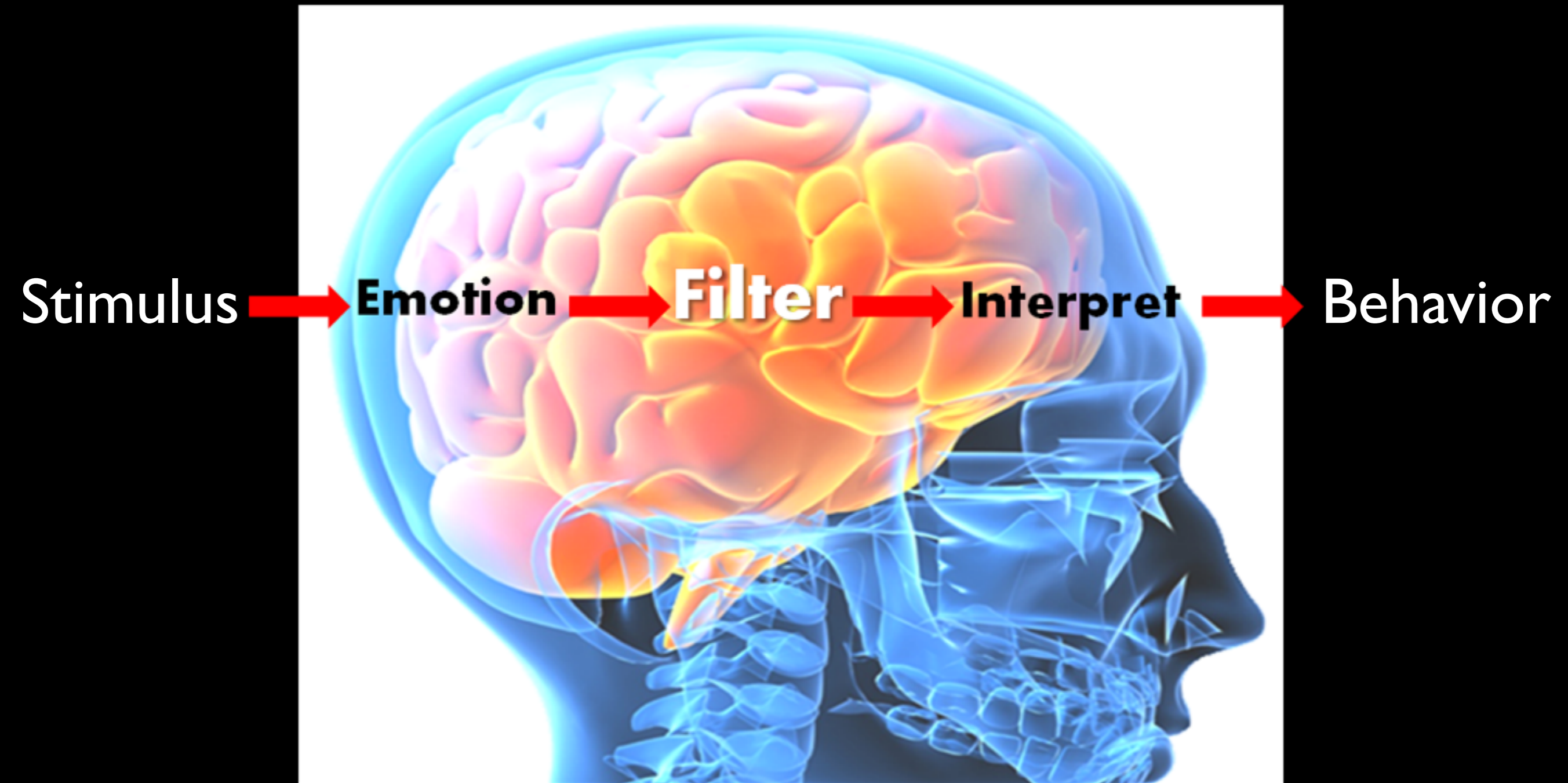
ABOUT



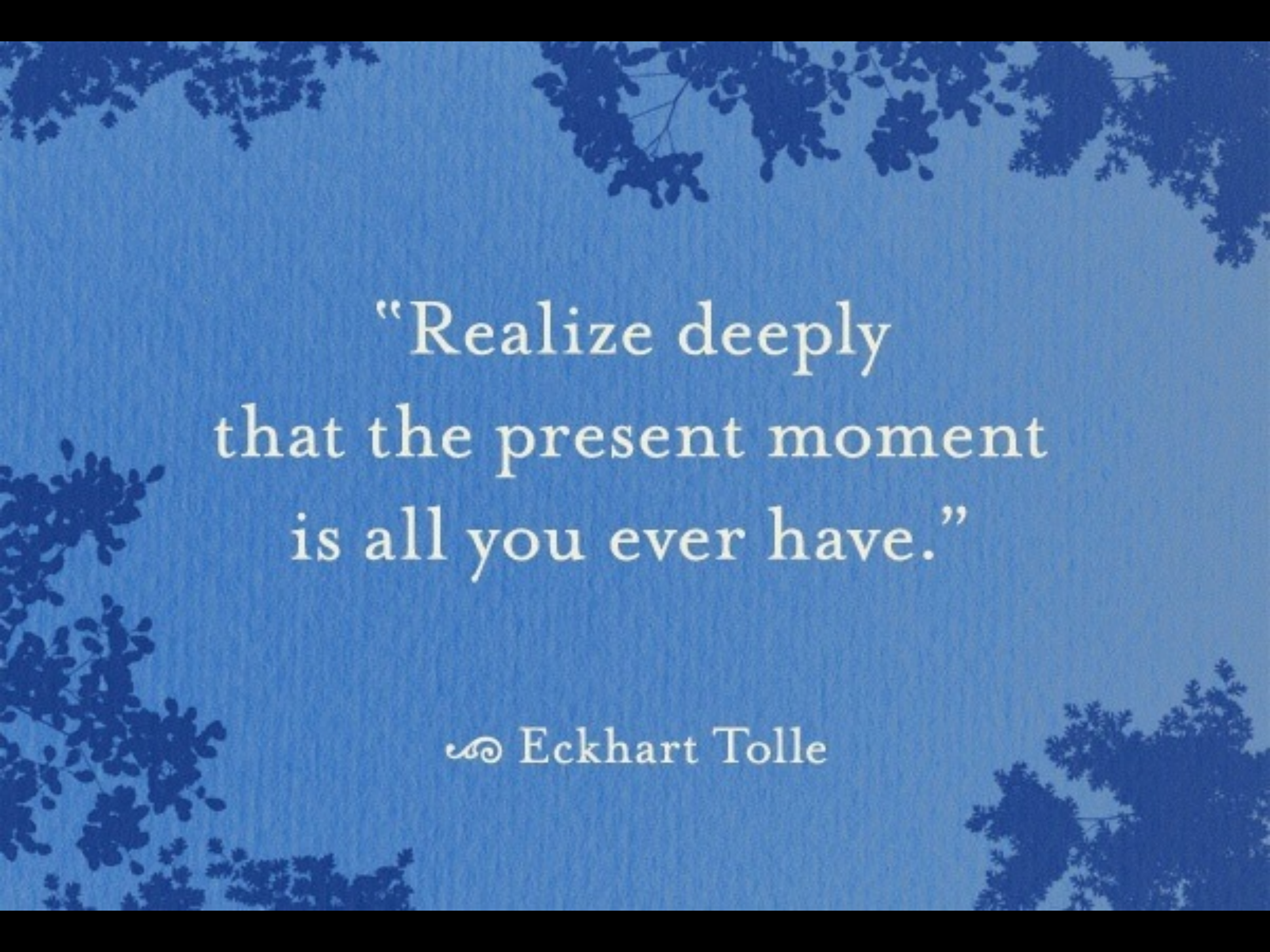


Benefits of mindfulness

Response Flexibility







“Realize deeply
that the present moment
is all you ever have.”

∞ Eckhart Tolle

**Happiness is
appreciating the little
things in life.**





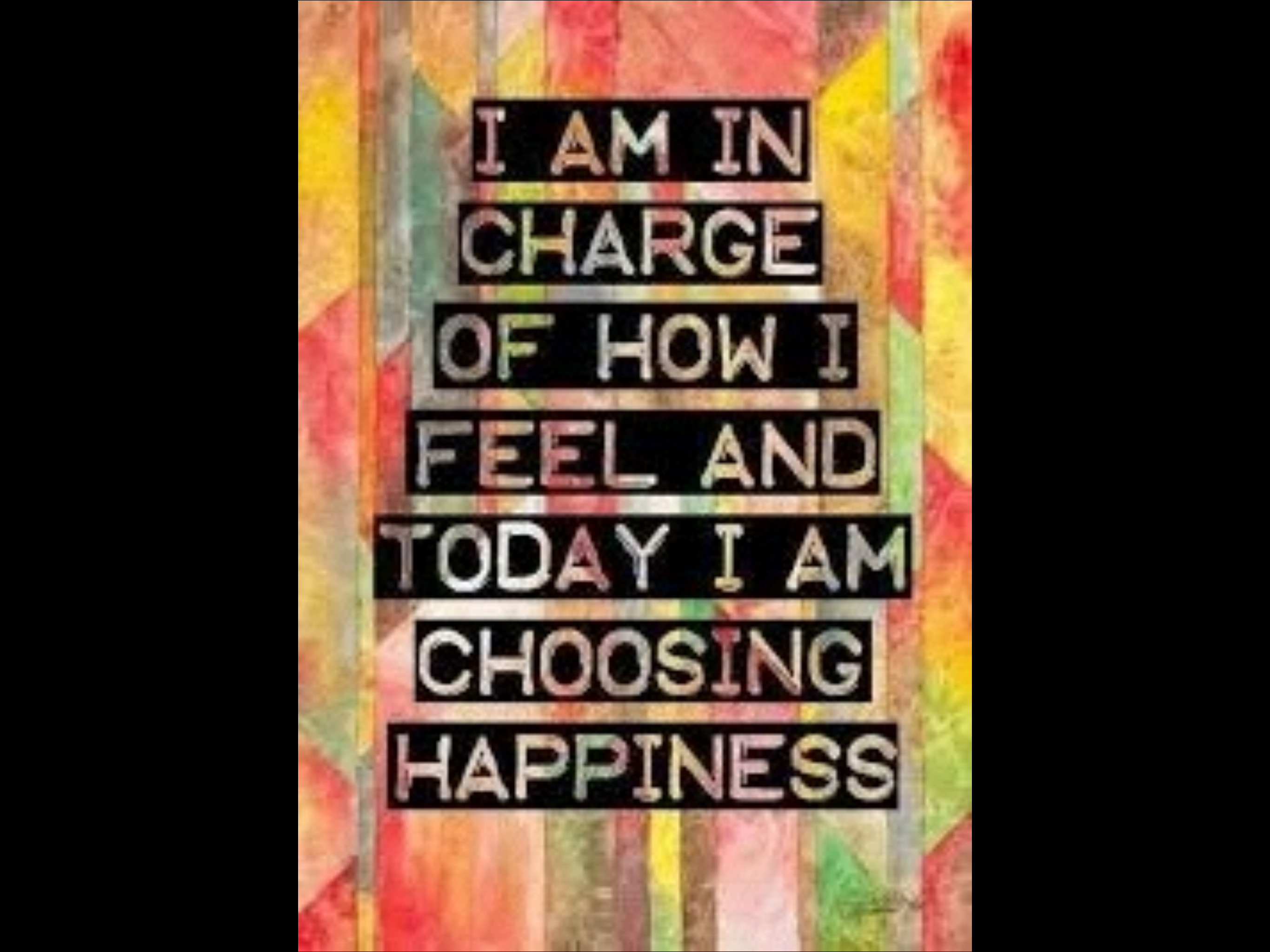
So how is it done in the
classroom?

So where does this
lead us?





SELF-COMPASSION



I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS

Why is happiness so
important?



Let's play



The number one
predictor of happiness....



Relationships

Relaxed Alertness

W A L K

THE

W A L K

THE #1 RULE FOR
REAL LEADERS



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