



Excelling at Work & Life

Presented by TriHealth EAP®

Emotional Intelligence: Tools for Everyday Success

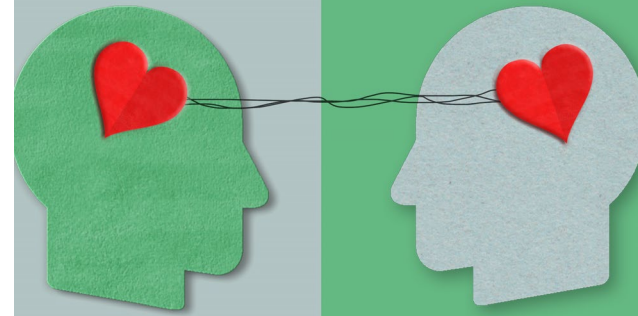
Webinar

Wednesday, October 15, 10:00 – 11:00 a.m.

Thursday, October 23, 12:00 – 1:00 p.m.

Emotional intelligence, or EQ, is all about recognizing and understanding our emotions, which helps us manage our feelings and connect better with others. Research shows that our success in life and relationships often hinges more on our EQ than our IQ! In this training, we'll dive into what emotional intelligence really means, explore how our brains influence our emotions, and share practical tips for boosting your EQ.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



**Judith A Gissy, LPCC,
LICD, NCACII, SAP**
TriHealth EAP, Specialty
Treatment Coordinator

Judith Gissy is a master's-level licensed Professional Clinical Counselor and a Licensed Independent Chemical Dependency Counselor. She has worked as an Addictions Counselor for the past 40 years, where she has also worked with a broad array of mental health and emotional wellness issues. She currently works as a Treatment Coordinator and Trainer with TriHealth EAP, where she conducts individual counseling sessions, employment-related assessments, and training on a variety of subjects.

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