


Emotional Intelligence and HeartMath

Crescendo Connect – April 30, 2020

Presented by Jill Saunders



Emotional Intelligence and HeartMath

Building Resiliency in Challenging Times

Join Zoom Meeting


- <https://zoom.us/j/6127184389>
- Meeting ID: 612 718 4389

Materials for call:

- EQ-i 2.0 Model & Definitions

Thank you!

Presented by:
Jill Saunders
April 30, 2020



Our Conversation

- Taking Stock: Assets/Deficits
- HeartMath Science
- HeartMath Tools
 - Heart Focused Breathing
 - Quick Coherence


EQ-i^{2.0} Model of Emotional Intelligence

Copyright © 2011 MultiHealth Systems Inc. All rights reserved.
Based on the original EQ-i^{2.0} authored by Reuven Bar-On, copyright 1997.

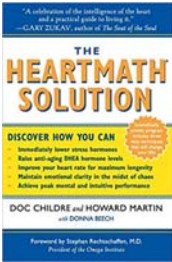


“Keep room in your heart for the unimaginable...”


- Mary Oliver



HeartMath Resources



- www.Heartmath.org
- HeartMath Experience
- Inner Balance (App & Sensor)



Jill Saunders
952-994-1987 • jilldianesaunders@gmail.com
jilldianesaunders.com

Lisa Griebel
Crescendo Inc. • 612.718.4389
lgriebel@crescendoinc.com • www.crescendoinc.com