



BONNIE KELLY & ASSOCIATES

HELPING YOU GET OUT OF YOUR WAY
AND ON WITH YOUR LIFE

JOIN US FOR A FREE WORKSHOP!

Intro to Emotional Intelligence

Emotional intelligence (EQ) is the ability to identify, assess, and control the emotions of oneself. This skill is your pathway into self-mastery. Having a clear understanding of your emotions and the impact of the full energy behind them, allows you to be less reactive to life's drama and more interactive in life. Being aware of your Thoughts, Feelings, Actions or Reactions, and Habits is a HUGE step in unlocking your best self. However, it is not the answer for permanent change. It isn't until you discover the roots that are grounding your bad habits or fueling your thinking that you can finally free yourself.

Class is being held at:



4820 Business Center Drive, Suite 100, Fairfield, CA 94534

Thursday, August 27th at 6:30pm-8:00pm

RSVP to Rhea Johnson at 707-863-4468 or rjohnso9@brandman.edu

This is a **FREE** seminar! Just bring yourself and willingness to learn what Bonnie Kelly has to teach!

This class is presented by Bonnie Kelly, CPC, ELI-MP, personal development expert, motivational speaker, author & CEO of Bonnie Kelly & Associates. Bonnie Kelly Mission: To inspire help others stop the cycle of self-sabotage, break free of toxic limitations and beliefs, and to become fiercely self-reliant.