



WESTCHESTER INDEPENDENT LIVING CENTER

Developing emotional regulation skills
to facilitate self-management
& personal growth

Lorena Rucaj, M.A., LMHC

This training incorporates a spiritual school of thought with evidence-based psychological constructs, to help participants facilitate the inward journey of personal growth.

JULY 17TH, 2018,

9.00-4.00 PM

WESTCHESTER INDEPENDENT LIVING CENTER
10 COUNTY CENTER ROAD, 2FLOOR
WHITE PLAINS NY 10607
914.682.3926

EVENTBRITE REGISTRATION:

[HTTPS://EMOTIONALINTELLIGENCE2.EVENTBRITE.COM](https://emotionalintelligence2.eventbrite.com)



**"YOU MAY NOT CONTROL
THE EVENTS AROUND YOU,
BUT YOU CAN DECIDE NOT
TO BE REDUCED BY THEM" ~
DR. MAYA ANGELOU**

Emotional Regulation skills and the development of Emotional Intelligence are the key factors in one's personal psychological well-being and successful interpersonal and interpersonal relationships. Professionals in the mental health field are increasingly becoming aware of the importance of self-management, self-awareness, mindfulness, and self-emotional-regulation ability, in order to maintain their personal inner peace and stability.



Who should attend: Service Coordinators, Clinicians, Social Workers, Vocational Rehabilitation Counselors, Direct Support Staff, Residential Providers, First Responders, and Advocates.