

Connection - Pillar One

Definition: a relationship in which a person or thing is linked or associated with something else.

The power in **Connecting** with someone or something in a manner that creates a valued outcome and mutual agreement, is not only an essential skill but a crucial part of our daily lives.

We will look at how we enhance the dynamics of healthy **Connections** and how to recognise key factors which support our vision and wellbeing. Passionate and powerful **Connections** surround us, let's utilise them.

This module will cover the **importance**, the **how** and the **why** Emotional Intelligence is key to:

Organisations

Social Media

Relationships

Networking

You will also receive tools and strategies to support your Emotional Intelligence learning journey.

"Surround yourself with only people who are going to lift you higher". Oprah