## **Connection - Family**

**Definition**: a group of one or more parents and their children living together as a unit.

**Family**, one of our highest, dearest and most precious commodities. They are a priority, they are our loved ones, so how do we ensure we have great organic relationships.

Let's stop assuming and understand how we can use Emotional Intelligence to empower ourselves and loved ones around us to strengthen, respect and heighten the thread of history we share.