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Emotional Mastery with Jennifer Bartolatta

Join Jennifer Bartolatta for her transformative Emotional Wellness Series! In four sessions, you'll tackle emotional endurance, intelligence, management and maturity. Attend in person for a meet & greet and the chance to win prizes, or join virtually at no cost!

TIME:

10am - 12pm
along with a 30-minute
post session mixer for
in-person attendees

PRICE:

\$10 per session
for in-person or \$30 for
all 4. Attend virtually for
no charge.

LOCATION:

Teal Shores, 10995 N.
Market St., Mequon

ACTIVITY:

Low

Session 1: Emotional Endurance

Tuesday, March 18 / RSVP by March 11 to the front desk

In this session, we'll focus on processing and developing intentional habits that build emotional endurance.

DURING THE SESSION PARTICIPANTS WILL:

- Explore "Non-Negotiable Daily Habits for Thriving" to build emotional strength
- Create a personalized 3-part plan to integrate 3 new habits into your life

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Session 2: Emotional Intelligence

Tuesday, May 20 / RSVP by May 13 to the front desk

In this session, we'll focus on comprehending both your own emotions and those of others.

DURING THE SESSION PARTICIPANTS WILL:

- Explore where big feelings come from and how they arise
- Gain insight into the impact emotions have on our bodies and relationships
- Uncover your emotional triggers to improve emotional awareness

Session 3: Emotional Management

Tuesday, August 19 / RSVP by August 12 to the front desk

In this session, we'll focus on quickly deploying tools to reset and manage your emotions.

DURING THE SESSION PARTICIPANTS WILL:

- Briefly revisit "Non-Negotiable Daily Habits for Thriving"
- Explore tools to help manage your emotions in the moment
- Choose 3 tools to practice daily for emotional balance

Session 4: Emotional Maturity

Tuesday, November 18 / RSVP by November 11 to the front desk

We'll focus on applying emotional intelligence, endurance, and management to relationships.

DURING THE SESSION PARTICIPANTS WILL:

- Explore how to apply what you've learned to improve your personal relationships
- Begin deploying emotional skills in the relationships that matter most to you
- Build a plan to integrate three emotional tools into your personal life