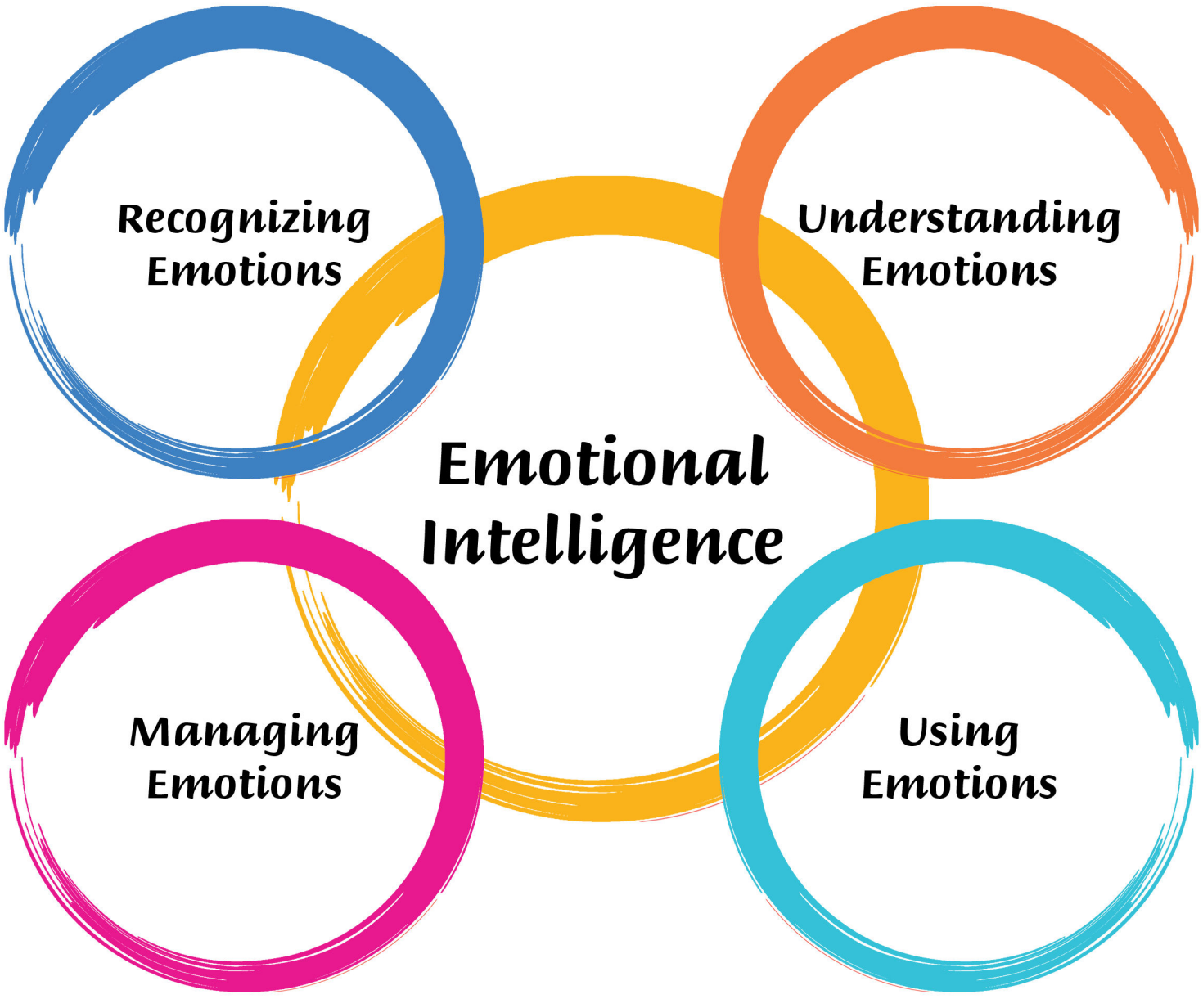
Sanctuary Theme:
Emotional Intelligence

Emotional Intelligence means the ability to accurately notice, consider and express emotions.



To be emotionally intelligent requires the ability to:

- Identify a wide variety of emotional states and the thoughts that go along with them
- Express our feelings in words
- Understand complex feelings in ourselves and in others

Palm Beach County
Board of County Commissioners