

Experience Human

Calm, Clear, & Capable: *An EI Mini-Lab*

**QUIET THE INNER CRITIC.
LEAD WITH CLARITY.**

WHAT IT IS (75 minutes):

A practical, interactive session where Julie East and Gina Brelesky connect Emotional Intelligence to those familiar “I’m not good enough” thoughts - and share simple tools you can use right away.

YOU’LL LEARN TO:

- Spot common **self-doubt patterns**
- Apply **EI skills**: Self-Awareness, Self-Management, Social Awareness, Relationship Management
- Use **NTR** (Name-Test-Reframe) and **A.N.A.** (Acknowledge-Normalize-Action) to stop the spiral
- Set “good enough” criteria and shift **from prove to improve**


YOU’LL GET:

- Inner Critic Pattern Quick Guide
- NTR cheat sheet & A.N.A. coach cue
- 7-Day Small Win Plan

WHO SHOULD ATTEND:

People leaders & emerging leaders in mission-driven orgs.

More Information

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12:30-1:45PM ET

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APRIL 2026

 **LIVE ON ZOOM**



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