

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**

🌐 [www.ginabrelesky.com](http://www.ginabrelesky.com)  
gina@ginabrelesky.com  
julie@julieeast.com



12:30-1:45PM ET

**15**

APRIL 2026

LIVE ON ZOOM



**REGISTER  
TODAY FOR  
ONLY  
\$47!**