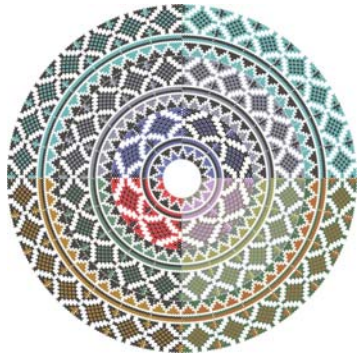


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EI and Mindfulness

Presented by Casey Gibson



Emotional Intelligence and Mindfulness...

Facing Adversity with **Courage,
Humor, and Grace**

Dial in Information

- Tel: 1.302.202.1110
- Passcode: 657872

Materials for call:

- Slides Handout

Call Etiquette:

- Mute/unmute: 4*
- Questions: 5*

Thank you!

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Presented by:
Casey Gibson

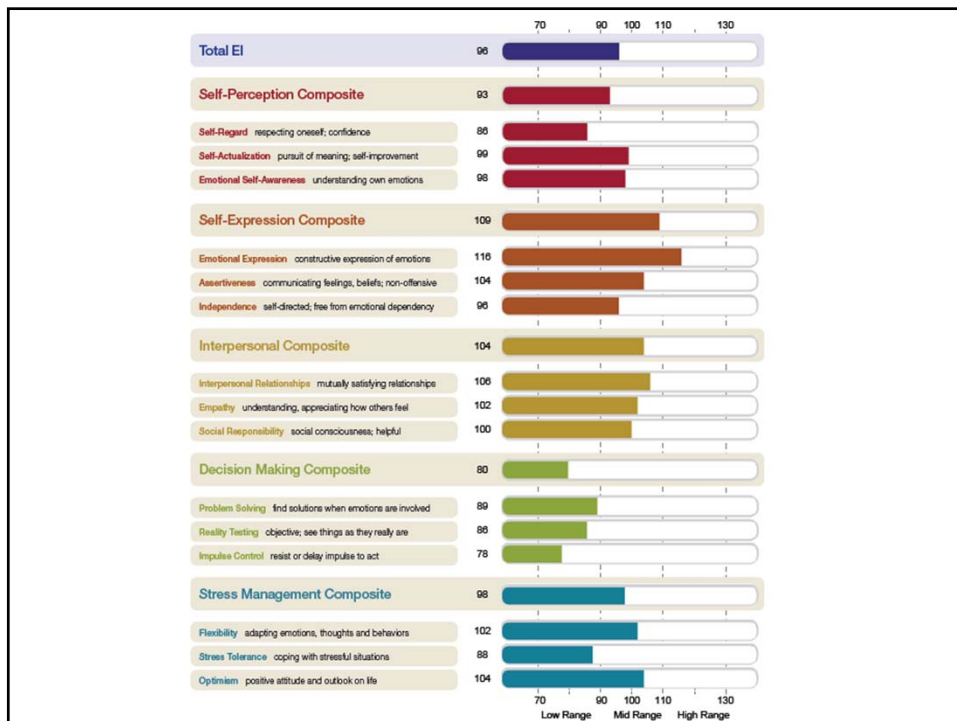
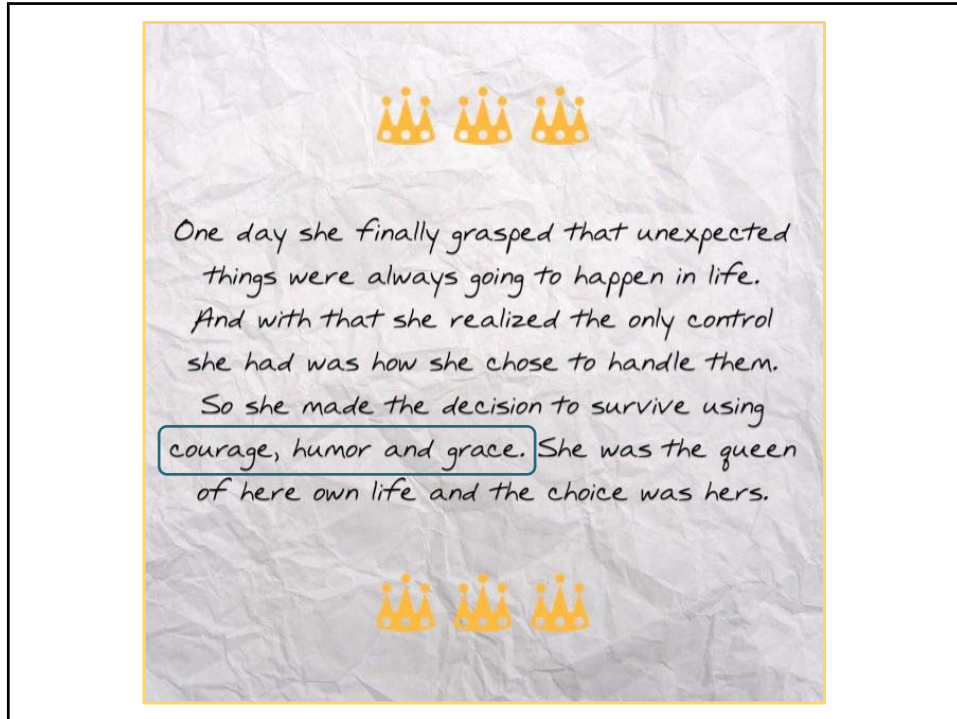
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Fear is not real.

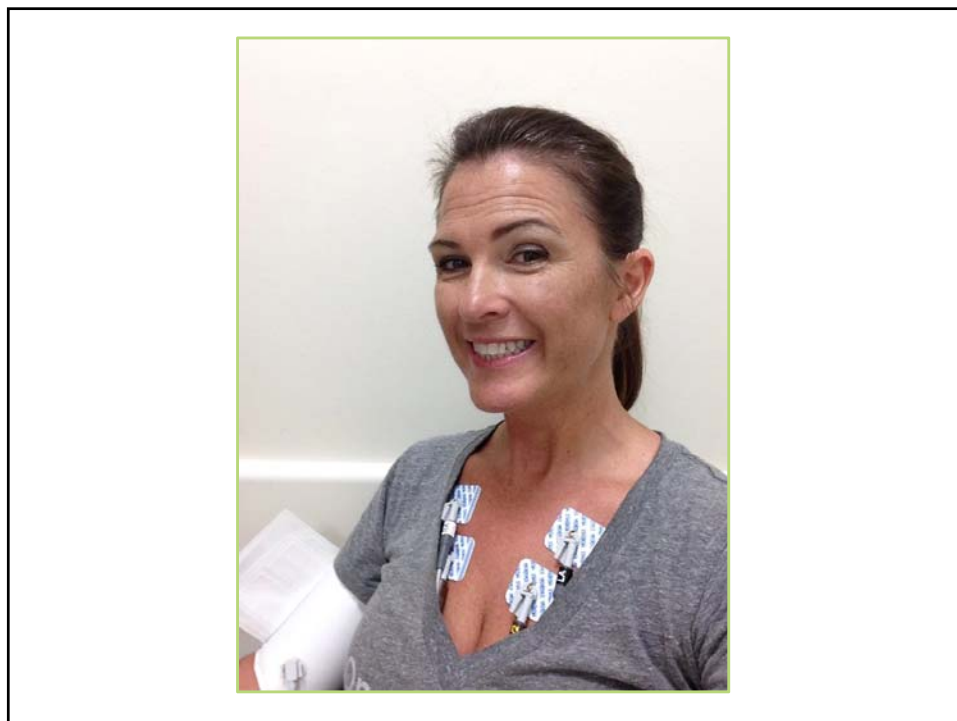
The only place that fear can exist is in our **thoughts** of the future. It is a product of our **imagination**, causing us to fear things that do not at present and **may not ever exist**. That is near insanity. Do not misunderstand me, danger is very real, but ***fear is a choice.***

After Earth
Cypher Raige (Will Smith)

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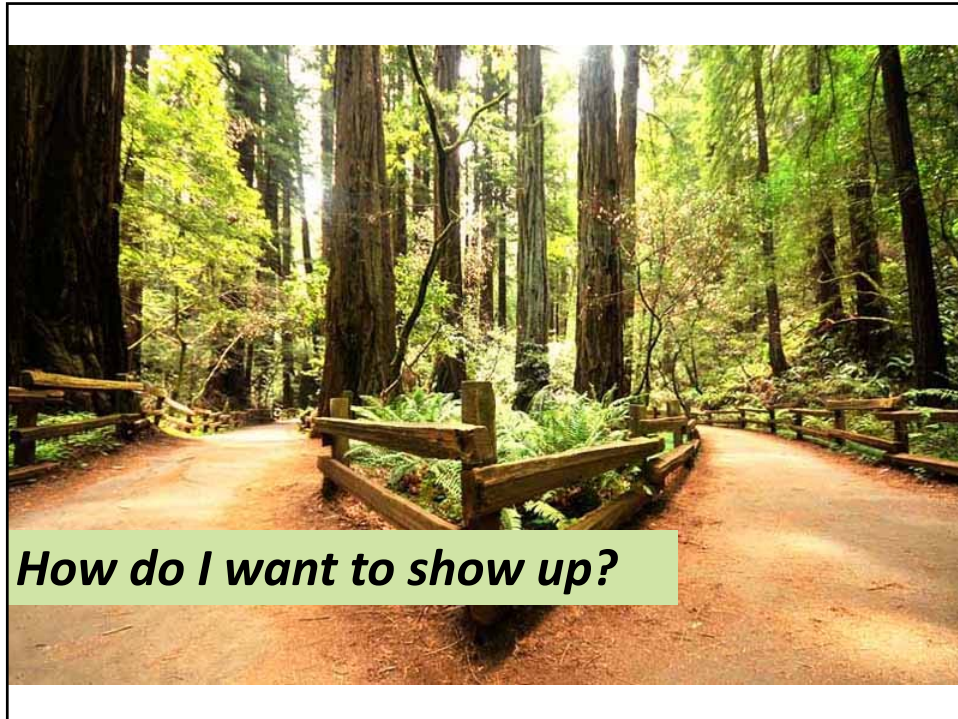
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How do I want to show up?

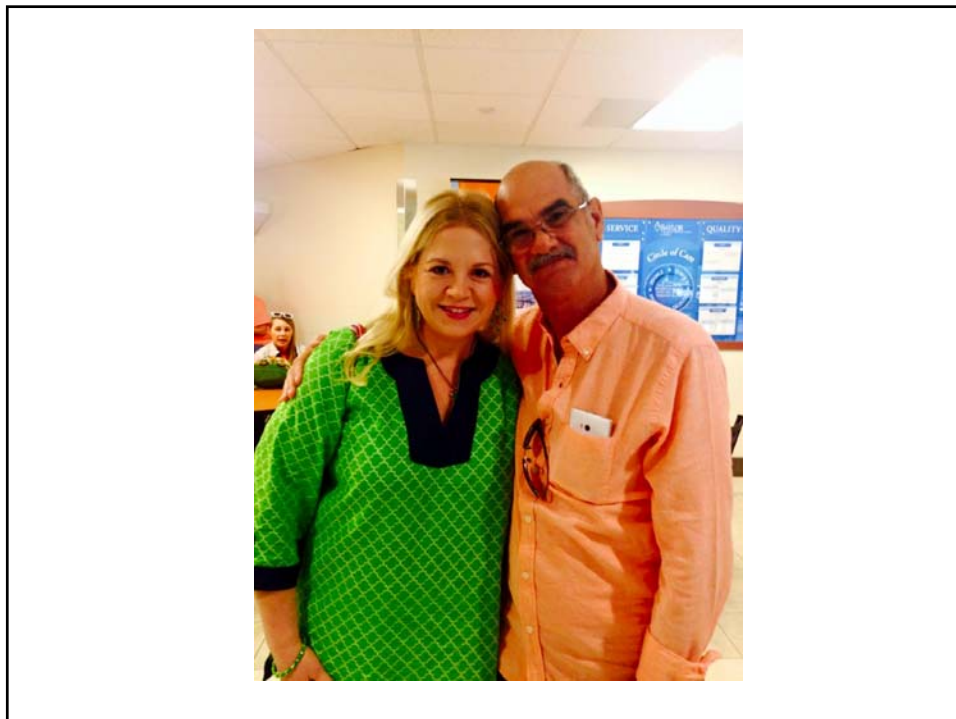
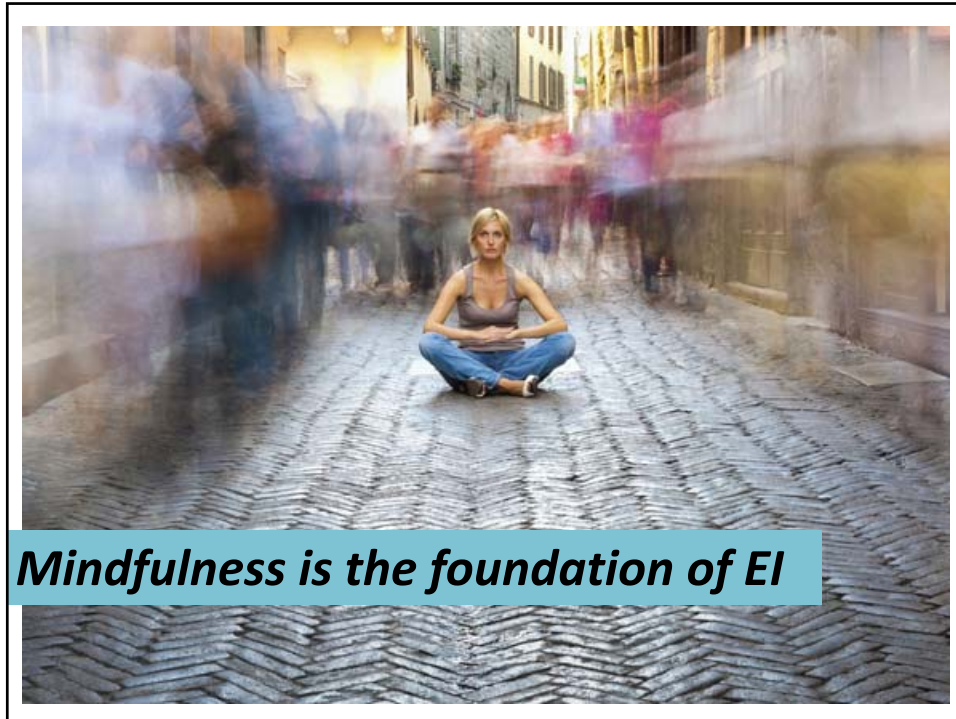


We are kintsukuroi

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What's Next?

- **Crescendo Connect Conversation**
 - November 16, 2015 – EI and Teams
- **EQ-i^{2.0}/EQ360 Certification – Minneapolis**
 - December 8 & 9, 2015

Crescendo Connect Conversations – September 21, 2015

EI and Mindfulness

Presented by Casey Gibson

Contact Information

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