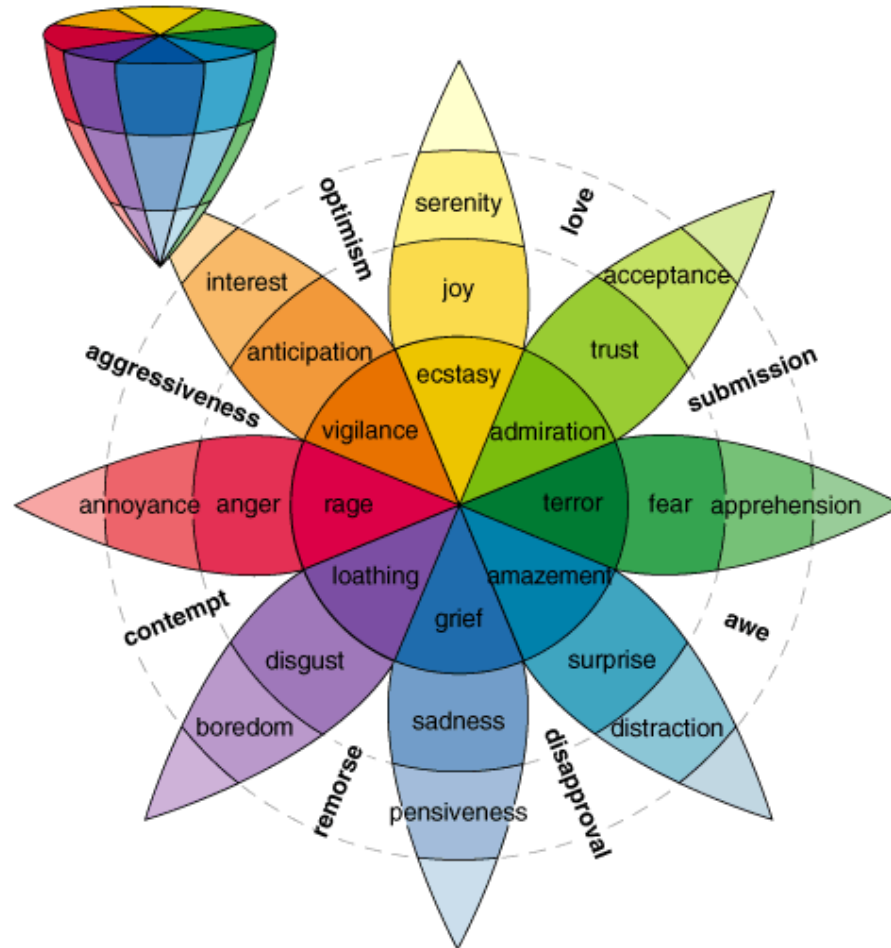
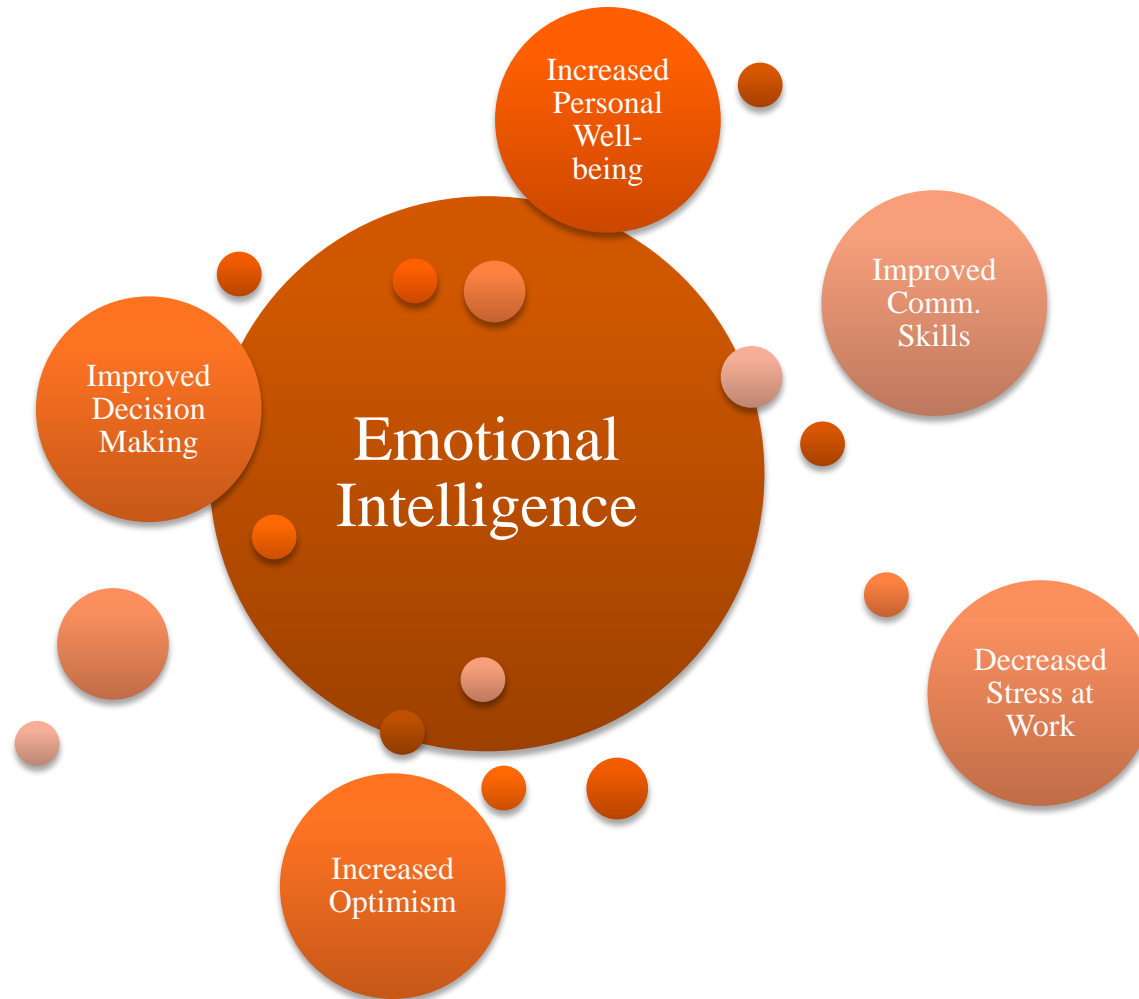


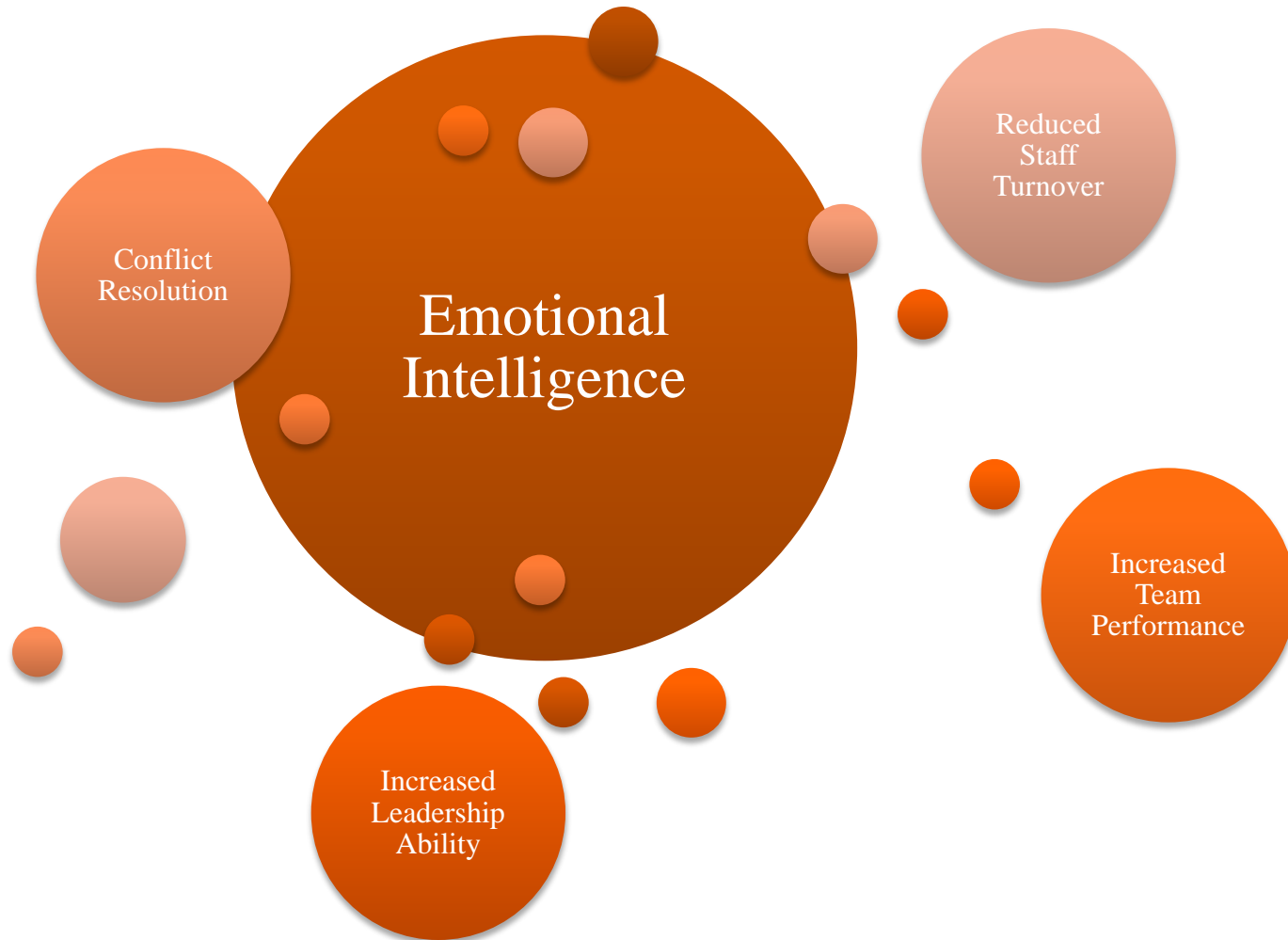


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*What's your EQ?*



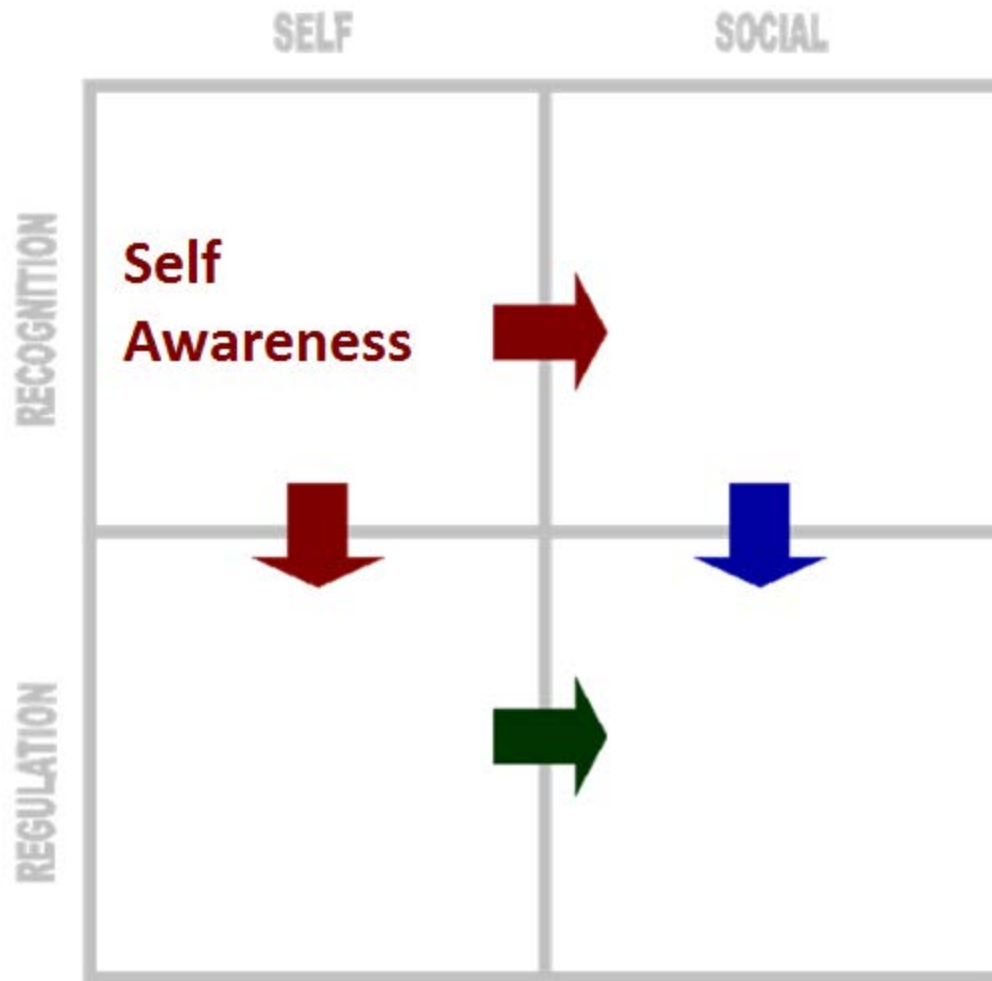


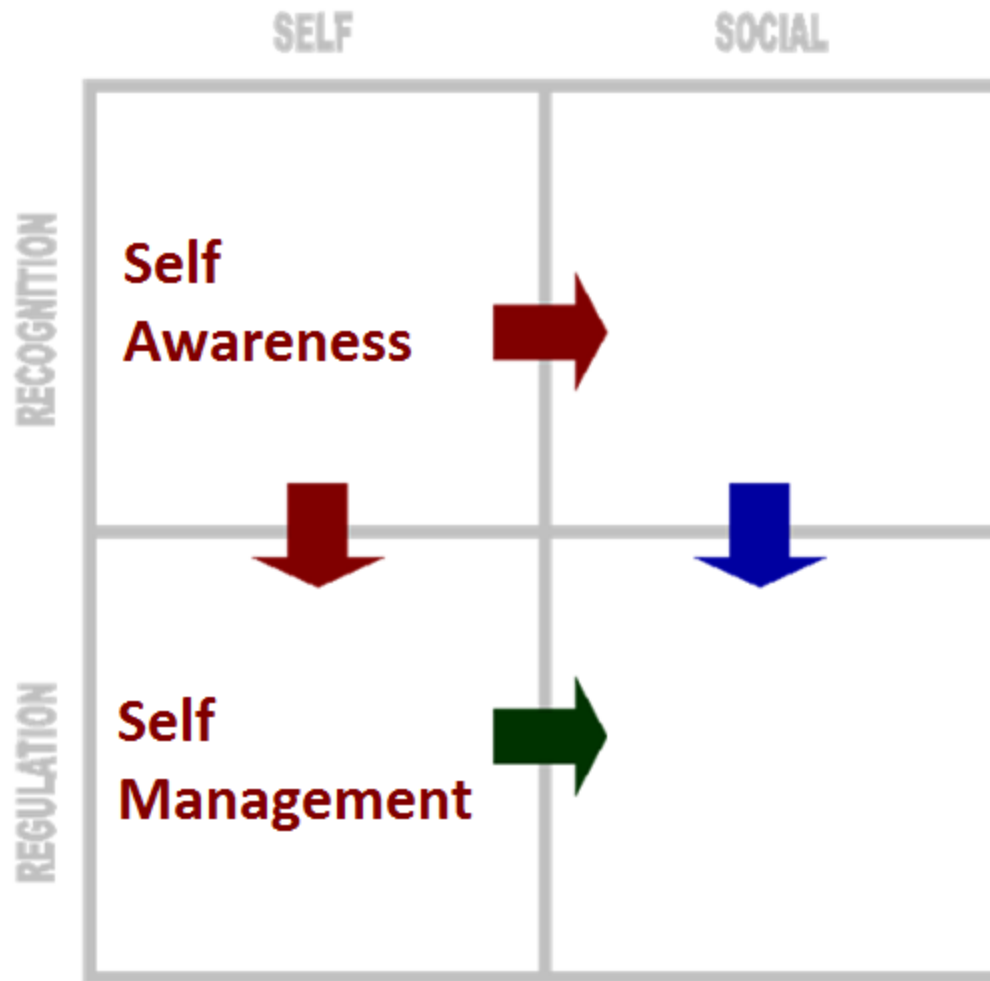


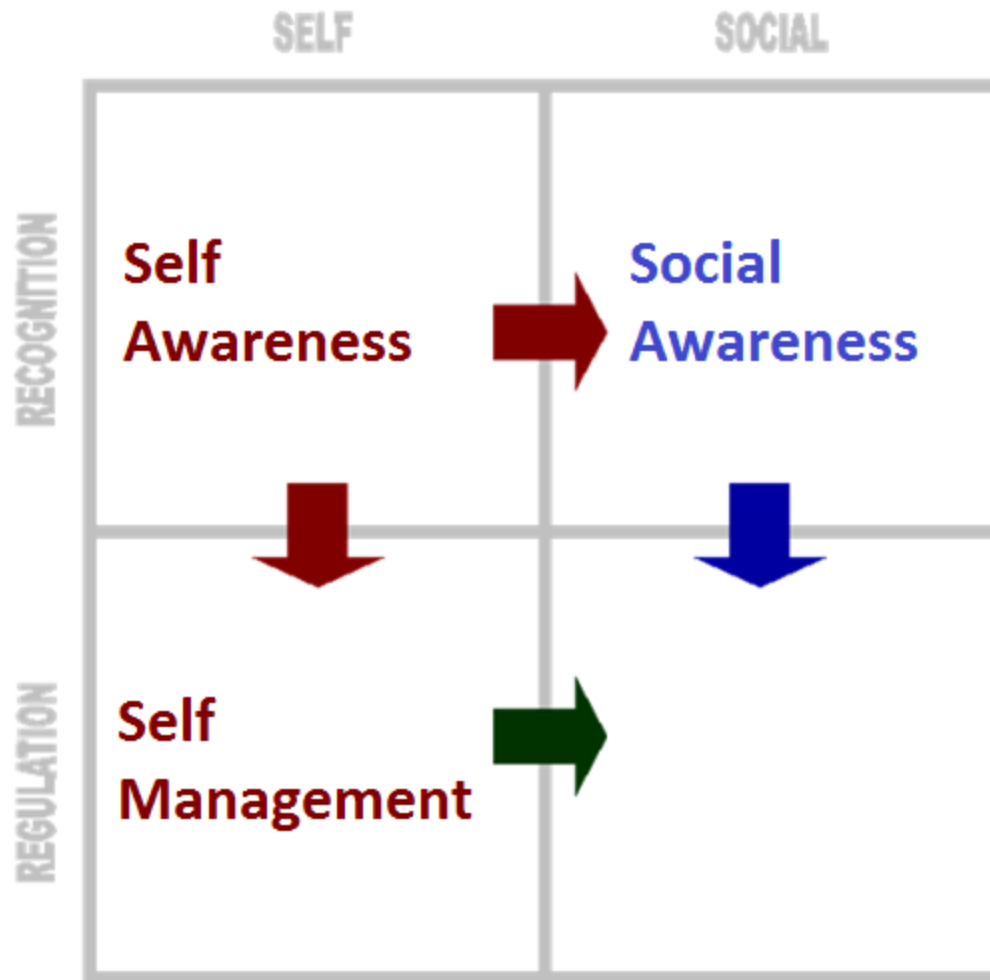


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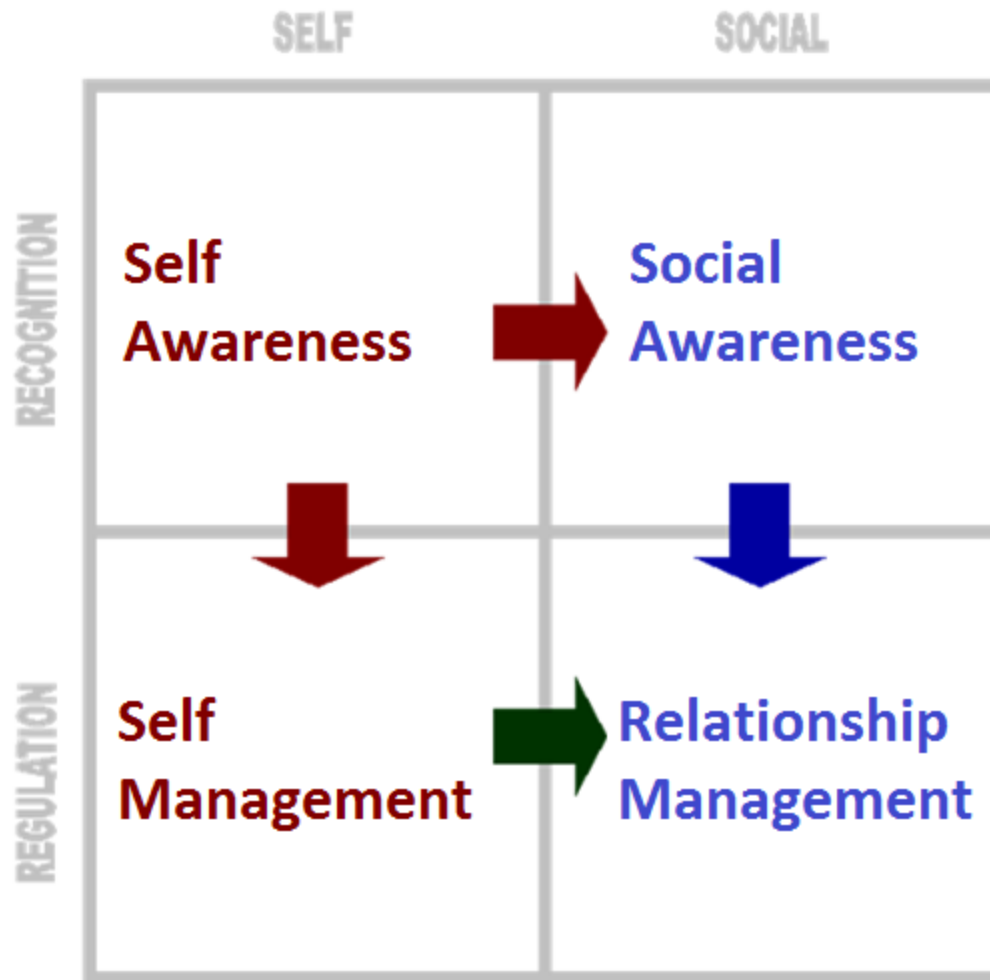
# **Dad's Amygdala Attack**













# Group Discussions

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- Designate a note taker and a spokesperson that will share your groups ideas with the entire room
- Discuss tips and tricks you use to achieve success in your assigned quadrant.



# Resources

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- Books
  - Daniel Goleman
    - *Emotional Intelligence: Why It Can Matter More Than IQ*
    - *Working with Emotional Intelligence*
    - *Primal Leadership*
  - Susan Cain
    - *Quiet*
- TED Talks
  - Amy Cuddy <http://www.ted.com/search?q=cuddy>
  - Jane McGonigal <http://www.ted.com/search?q=Jane+McGonigal>
  - Daniel Goleman <http://www.ted.com/search?q=Daniel+Goleman>



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“Genius without education is like silver  
in the mine”

*Benjamin Franklin*



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“Emotional Intelligence without practice  
is like gold in the mine”

*- don't forget your pick axe*



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