



VOICES: THE MENTAL HEALTH SOCIETY

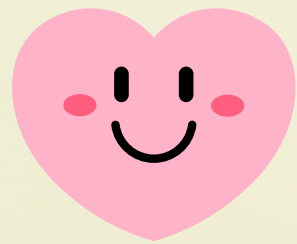
Department of Human Development and Childhood Studies
Institute of Home Economics, University of Delhi



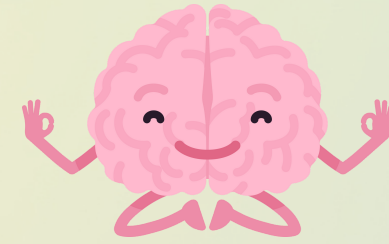
Presents a FREE Online Workshop on

EMOTIONAL INTELLIGENCE

UNLOCKING YOUR EMOTIONAL SUPERPOWERS



On the occasion of



National Mental Health Awareness Day



About the workshop

The workshop includes a mix of presentations, discussions, and interactive exercises designed to help participants develop their emotional intelligence skills. It will help you enhance your emotional intelligence, understanding and practical strategies for daily life improvement.

If you want to control your emotions & win in your life with your emotions, THIS WORKSHOP IS A MUST FOR YOU

CERTIFICATES WILL BE PROVIDED TO THE PARTICIPANTS!



Register yourself:

Speaker:

Ms. Nitika Talwar

Certified therapist

[@nitikatalwarr](https://www.instagram.com/nitikatalwarr)



JOIN US ON

6th August, 11 A.M.

Platform - Zoom Meeting