



EMOTIONAL INTELLIGENCE
TRAINING

RESILIENCE BUILDING

We will help you develop your EQ
toolbox for the digitized century

SIMULATE, EXERCISE & COLLABORATE

with Nadja El Fertasi, CEO/Founder





TRAINING OBJECTIVES

Your EQ Toolbox to
help you Thrive

During the Resilience Building EQ Training, participants leave with practical strategies and tools based on the science of Character Strengths. Through innovative and engaging exercises, participants learn how to increase their levels of engagement, fulfillment and productivity levels beyond life's disruptions.

Visit our website at www.nadjaelfertasi.com for more information about emotional intelligence. Email us at info@thrivewithEQ.com for inquiries.

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