



Culture Works

purpose ▶ people ▶ process

EMOTIONAL INTELLIGENCE STARTS WITH YOU...

BEFORE YOU CAN IMPACT OTHERS, YOU MUST FOCUS ON THE SELF.

The first part of our *Emotionally Ambitious* series requires your desire to invest in self-discovery and to continually commit to an emotionally ambitious mindset and practices.

The second part of the series focuses on applying your increased self-awareness and adopting emotionally ambitious behaviors, actions, and techniques which allow you to integrate and make a humanized impact with those around you.

EMOTIONALLY AMBITIOUS SERIES

topics

invest in YOU

- Focus on You
- Mindfulness
- Self-Awareness
- Gratitude & Joy Internally
- Authenticity & Purpose
- Resilience

impact OTHERS

- Focus on All
- Gratitude & Joy Externally
- Empathy
- Individual Presence
- People Solutions
- Influence and Alignment

