

A new Emotional Intelligence workshop by Dr Jason Cressey for Summer 2009

# Sadness, Fear, Guilt & Anger: An Intelligent Approach to Challenging Emotions



- Stuck in negative thoughts and feelings?
- Have difficulty expressing anger or setting boundaries?
- Take on too much responsibility for other people's feelings?
- Often feeling stressed, angry, sad...or nothing at all?

This one-day workshop explores some advanced techniques from the world of Emotional Intelligence. Divided into four sections, the day presents the latest research, practical tools and powerful exercises to recognise the value of so-called 'negative' emotions and how to break out of self-destructive patterns filled with anxiety, frustration, self-blame and 'the blues'.

Presented in a lively, frank, hands-on and often humorous way, this workshop is about recognising the role of 'our story' in the way we feel and approach the world – and how we *all* have the potential to be the architects of our own happiness!

**Date:** Saturday July 18, 11am – 5pm. *(The start time is designed to allow those coming on the ferry via Swartz Bay to catch the 10am departure – arriving in Salt Spring at 10:35. To return, there is a departure from Salt Spring at 5:50pm)*

**Venue:** The Salt Spring Pyramid, 1404 Beddis Road, Salt Spring Island BC

**Cost:** \$95 if registered before June 15; \$110 thereafter. Price includes light lunch & workbook.

**Register:** Places are limited to keep the group size small, so please book early. Send a cheque (payable to 'Jason Cressey') to  
Jason Cressey – EI workshop  
1404 Beddis Road  
Salt Spring Island, BC  
V8K 2C9

*...please also enclose your e-mail address so that you can be notified that payment has been safely received and your place on the workshop is booked.*



Jason Cressey gained his PhD in social psychology from Oxford University, UK, specialising in interpersonal communication and the development of healthy relationships. For the last 15 years he has been presenting workshops in Canada and internationally on a range of psychological topics. He is a sessional lecturer at the University of Victoria, and regularly presents seminars for the Justice Institute of British Columbia and the Vancouver School Board. His intention is to make learning an enjoyable experience for everyone – and to correct an omission from our childhood...we were never taught this stuff at school!