

Name, Claim, & Tame YOUR JUDGE



EMOTIONAL INTELLIGENCE



WE SELF-SABOTAGE MORE OFTEN THAN NOT. OUR "JUDGE" (AKA - INNER CRITIC) IS THE SOURCE OF ALL FEAR, STRESS, ANXIETY, DEPRESSION, SELF-DOUBT, AND UNHAPPINESS. LET'S CHANGE THE NARRATIVE...IN THIS SESSION WE WILL NAME, CLAIM AND TAME OUR JUDGE SO THAT WE CAN THRIVE NOT SIMPLY SURVIVE!



Who: NJSD Employees
When: Wednesday, January 25th @ 4pm
Where: NJSD Administration Building Room 201
Presenter: Sara Mercer