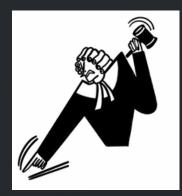
Mame, Jaim, & Jame



## 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