

# Emotional Intelligence (SEL) Adult Retreat

## January 18<sup>th</sup>-20<sup>th</sup> Austin, Texas



with national award winning  
teacher and speaker  
R. Keeth Matheny



**EQ>IQ** For more information visit [www.SELlaunchpad.com](http://www.SELlaunchpad.com)

**Our emotional intelligence is a far better predictor of overall success and happiness in life than our IQ. Our EQ is our ability to manage our emotions, communicate effectively, build and maintain positive relationships, and effectively solve problems. Emotional intelligence can be developed with time and effort, and Keeth is a master of teaching these skills in engaging, inspiring, and actionable ways.**

Keeth Matheny is a national award winning teacher, author and speaker. He was a 2015 winner of the Crystal Star Award for Excellence in supporting student success from the National Dropout Prevention Center. He is a co-author of School-Connect, a research and evidence based social and emotional learning curriculum designed to build EQ skills in young adults that is now in over 1000 secondary schools. He is a frequent public speaker and keynote on Emotional Intelligence, SEL, and character education. His work has been featured in national webinars, magazine articles and journals of best practices. He has presented at two congressional briefings in Washington DC and over twelve national education conferences. He has led countless lessons and workshops on emotional intelligence.

All events are held at recently renovated Holiday Inn on Town Lake. The cost for the event is \$360 per person and there are only 36 spots available. A block of lake view rooms are held for the event at a discounted rate. Reserve your spot by emailing [info@SELlaunchpad.com](mailto:info@SELlaunchpad.com) today.



# Event Description



## Small group 2+ day workshop on emotional intelligence:

- **Friday Jan 18<sup>th</sup> Reception and Keynote 5pm-7pm**
  - Transforming your life through emotional intelligence
  - What is emotional intelligence, why is it important
  - How do I make the most of this workshop
- **Session work: 6 sessions over two days**
  - Each research based EQ Session will have an engaging, actionable and inspiring 80 min workshop, followed by 20min processing, and a small group debrief.
- **Session design:**
  - Session are designed for effective skill building with engaging activities, time to process the material, and time to debrief in a small group led by experienced facilitators.
- **Saturday 19<sup>th</sup> (1-3) and Sunday 20<sup>th</sup> (4-6)**
  - Each day will start with an excellent catered full breakfast at 8am. Lunch and dinner are on your own. Schedule is designed for you to be able to process, relax, exercise, and enjoy Austin.
  - Session 1/4      9:00am-11:15am
  - Session 2 /5      1:00pm-3:15pm
  - Session 3/6      4:00pm-6:15pm

This event is a skill building workshop and is not in any way therapy or counseling. This event is to help people grow from good to great and great to exceptional. Expect every session to inspire you, make you think, and have major positive life impacts.