



**CATHOLIC EDUCATION**  
WESTERN AUSTRALIA

**Permission to Feel: The Power of Emotional Intelligence in Raising Happy, Healthy, and Productive Kids:  
A WORKSHOP FOR PARENTS**

CEWA invites you to join Professor Marc Brackett, Founding Director of the Yale Center for Emotional Intelligence and the creator of the RULER approach.

**When: Monday, 13 May 2024**

**Where: Sacred Heart College, Sorrento, RNDM Auditorium**

**Time: 7pm – 8pm**

**Cost: \$10**

 **RULER**



Emotions matter. Harnessing them wisely enhances academic achievement, decision-making, relationship building, and overall physical and mental health. In this presentation, Dr. Brackett will explore the profound impact of emotions on both children and adults through recent large-scale studies. He will introduce RULER, the evidence-based approach to social and emotional learning developed at Yale University, which has already transformed over 5,000 schools worldwide. Additionally, Dr. Brackett will share effective strategies and tools to develop emotional intelligence, aiming to improve well-being and success of children and adults.

**REGISTER NOW: PARENTS CAN  
ATTEND IN PERSON OR VIRTUALLY**

<https://www.eventbrite.com.au/e/key-to-raising-healthy-happy-and-successful-children-tickets-898928628727>

