

## **“Emotionally Intelligent Parenting (EQ Parenting)”**

### ***1-Day Workshop***

(Dr. Sandeep Kelkar is a leading pediatrician & a passionate *Emotional Intelligence* advocate. He has been trained from an organization called 6seconds, the leading international organization, with worldwide EQ network, based at California, USA)

What are Emotions? Where do they originate in the brain? Is there really such a thing as emotional intelligence (EQ) that can help? As a parent how do I handle feelings in my family & help my child handle feelings in a healthy way? In a fun & thought provoking workshop, you will get answers to all these key questions.

This workshop based on the latest scientific research in the field of EQ, will help you learn more about how to use your emotions as a positive, helpful source of energy and information.

This novel, interactive workshop is based on module used by organization called “6seconds” located at Sanmateo, California, USA.

You will go home with:

- 1) Three important tools to enhance EQ in your family
- 2) New insight into meaning for feelings
- 3) A powerful process for managing emotional outbursts
- 4) Emotionally Intelligent parenting skills

The research has proved that children with higher EQ are better at controlling impulses, effective communication, making thoughtful decisions, solving problems, and working with others. This workshop will give you key EQ tools in raising them as caring, responsible, self-confident, happy & successful human beings!!

**Date:** 3rd May (Sunday) 2009  
**Time:** 10 am to 3 pm (With lunch & tea break)  
**Location:** KMF Trust Hospital Auditorium, behind Nitin Company, Thane (W)  
Prior registration for workshop is compulsory  
**Presenters:** Dr. Sandeep Kelkar,  
Dr. (Mrs.) Suchitra Kelkar &  
(Mrs.) Sudha Srikanth  
**For Registration:** Contact— 9820357792 and 9820069249