Emotional Intelligence: From Theory to Practice

Emotions matter. They influence our thinking, decisions, relationships, health, and everyday effectiveness.

In this interactive presentation, participants will learn about the ability model of emotional intelligence, including what emotional intelligence predicts about people’s lives. The Yale Center for Emotional Intelligence’s evidence-based approach to teaching emotional intelligence in schools, RULER, will also be highlighted. RULER, which trains students, teachers, leaders, and families, has been adopted by hundreds of school systems throughout the world.

Target Audience: All educators including teachers, administrators, child care providers and support staff.

Presenter: Marc Brackett, Ph.D, Yale Center for Emotional Intelligence

Marc Brackett is director of the Yale Center for Emotional Intelligence, a senior research scientist in psychology, and a faculty fellow in the Edward Zigler Center in Child Development and Social Policy at Yale University. He co-created RULER, an evidence-based approach to teaching emotional intelligence in schools, and has developed two university courses on emotional intelligence.

Brackett is a recipient of the Joseph E. Zins Award for his research on social and emotional learning. His grant-funded research focuses on the role of emotional intelligence in learning, decision making, relationship quality, and mental health. It also focuses on the measurement of emotional intelligence, and the influences of emotional intelligence training on student and educator effectiveness, bullying prevention, and school climate.

Brackett is working with Facebook on a large-scale research project that is designed to both prevent and decrease online bullying, and he is the author of 100 scholarly publications. He serves on numerous research advisory boards, including board for the Collaborative for Academic, Social, and Emotional Learning; Lady Gaga’s Born This Way Foundation; and the Greater Good Science Center. He regularly delivers keynote addresses, consults with school systems on integrating RULER, and works with corporations on best practices for incorporating emotional intelligence.

In addition, he holds a fifth-degree black belt in Hapkido, a Korean martial art.

To register, click on the date or visit www.crec.org/itl.

On the day of a CREC professional development event, call 860-509-3700 after 6:30 a.m. for cancellation or delay information.