



Electric Boat Management Association (EBMA)

Raising Your Emotional Intelligence

Want to communicate better, manage stress and build stronger relationships? Join our *Raising Your Emotional Intelligence* class and learn the skills that truly set successful people apart.

In this interactive and practical course, you'll discover how to:

- Understand and manage your emotions with confidence
- Build empathy and improve communication
- Handle conflict and stress effectively
- Strengthen relationships at school, work and beyond

If you are interested in signing up for this workshop or have any questions, please reach out to EBMA Management Development Director, [Lexi Byrd](#).