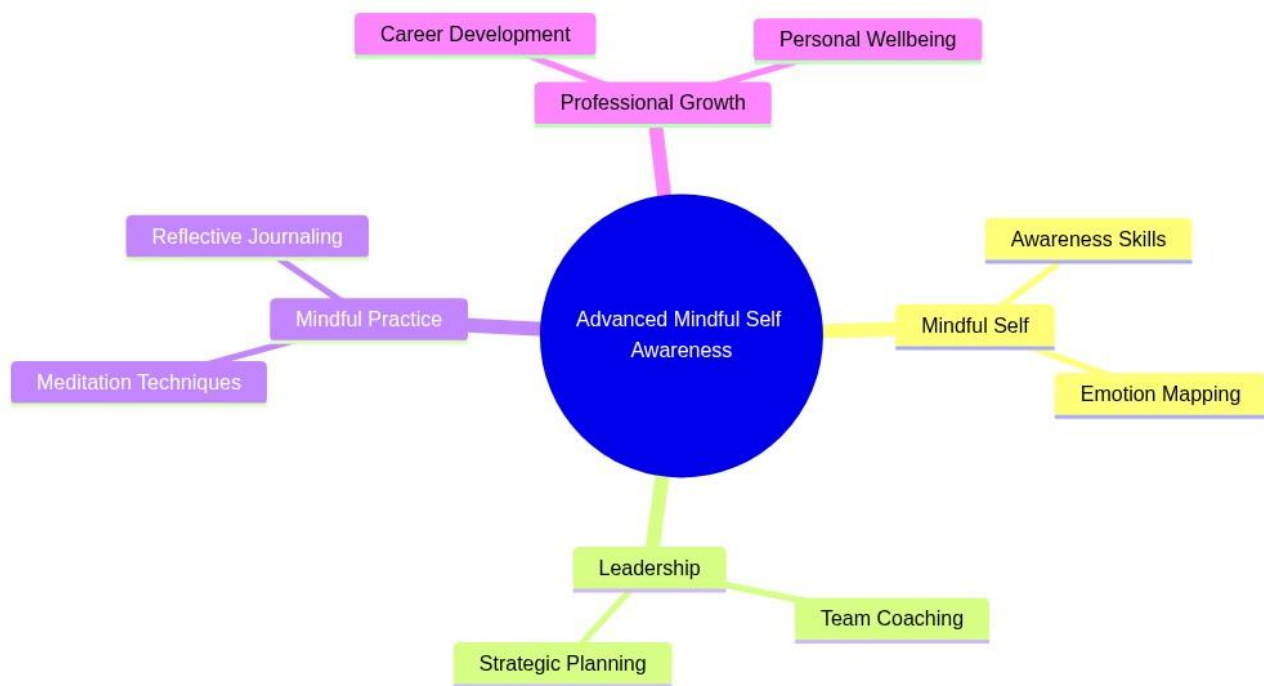


Professional Certificate in Mindful Emotional Intelligence Training Courses (Advanced)

Advanced Mindful Self-Awareness



mindmap

root((Advanced Mindful Self Awareness))

Mindful Self

Awareness Skills

Emotion Mapping

Leadership

Team Coaching

Strategic Planning

Mindful Practice

Meditation Techniques

Reflective Journaling

Professional Growth

Career Development

Personal Wellbeing