



# Parent/Community Forum

## Emotional Intelligence

**February 26, 2019**

**Sonoran Trails Middle School**

**5555 E. Pinnacle Vista Phoenix, 85054**

**6:30 – 8:00**

**Presenter, Cadi Angeli, M.C.**



### What Is Emotional Intelligence?

Emotional intelligence (EI) is the human capability to recognize emotions and emotional responses and be able to use them to guide interactions and thinking. EI is the key to effective communication - recognize, understand, and manage your own emotions; understand how others might feel and why (being empathetic); manage your emotional reactions; choose a different mood or feeling. Learn how EI works in your teen and how you can guide your child to better social confidence. Presenter: Cadi Angeli

**Please click the graphic to RSVP to this FREE Parent/Community Forum or contact Gina Durbin at 480-575-2026 or email [gdurbin@ccusd93.org](mailto:gdurbin@ccusd93.org).**

### About the presenter:



Cadi Angeli has been a middle school counselor for 18 years in the Cave Creek School District. In 2013, Cadi developed a Recognized American School Counselor Model Program (RAMP) that received national recognition. In 2016, Cadi was awarded the Arizona School Counselor of the Year designation and represented Arizona at the White House. Cadi has participated on several state-level committees and served on the Arizona School Counselor Association Executive Board for five years. She is a native of Cave Creek, attended our K-12 schools, and graduated from Cactus Shadows High School.