



**SKILLS TO BUILD ON YOUR
OWN**



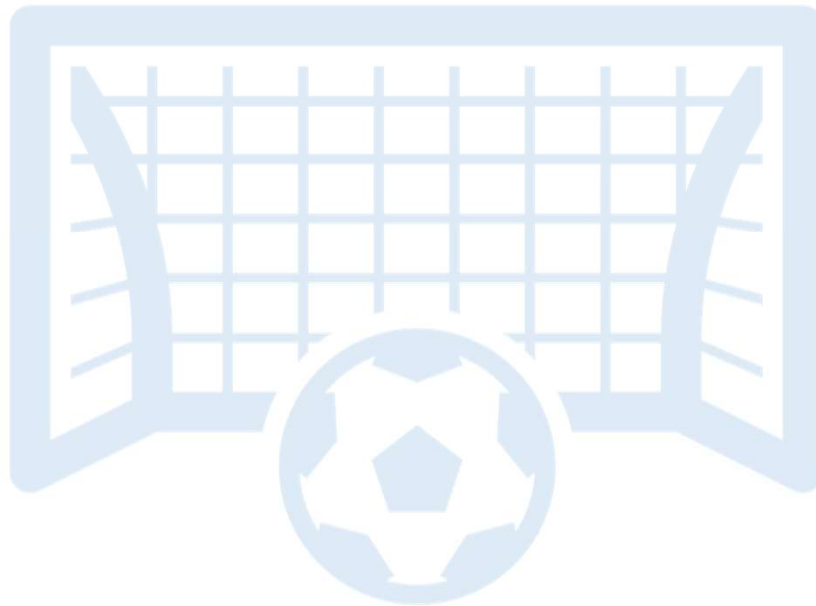
**HABITS TO BUILD WITH
YOUR TEAM**



**PLAYS TO MAKE DURING
THE GAME**



**OPPORTUNITIES TO
WATCH FOR DURING THE
REPLAY**





SKILLS TO BUILD ON YOUR
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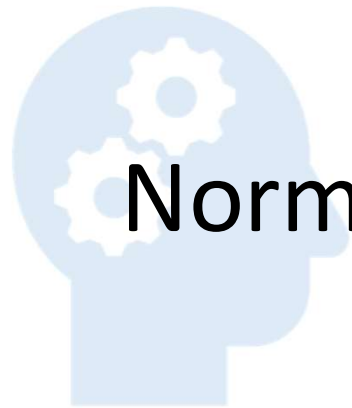


Practice Mindfulness or Meditation





HABITS TO BUILD WITH
YOUR TEAM



Normalize Talking About Feelings





PLAYS TO MAKE DURING
THE GAME

Use an Assertive Communication Style

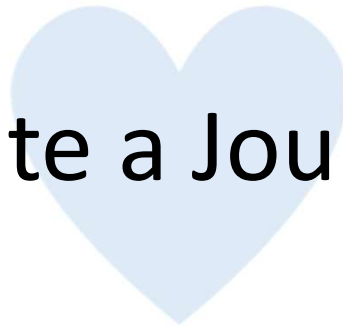




OPPORTUNITIES TO
WATCH FOR DURING THE
REPLAY



Write a Journal



Ways to Grow Emotional Intelligence

- Practice Mindfulness or Meditation
- Normalize Talking About Feelings
- Use an Assertive Communication Style
- Write a Journal