



# SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

## WORKSHOP

RAISING AN EMOTIONALLY  
INTELLIGENT CHILD: A PATHWAY TO  
UNDERSTANDING

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## Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



# Raising an Emotionally Intelligent Child: A Pathway to Understanding

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## Soothing hearts workshop

**Overview:** This essential workshop is aimed at parents, caregivers, and educators who seek to foster emotional intelligence in children. Participants will understand the concept of emotional intelligence, its importance in a child's development, and learn strategies to nurture emotional intelligence in children.

**Objectives:** Participants will:

1. Understand the concept of emotional intelligence and its importance in a child's development.
2. Learn strategies to nurture emotional intelligence in children.
3. Understand how to handle challenging emotional situations and foster emotional resilience in children.

**Structure:**

- Session 1: What is Emotional Intelligence?: Understanding emotional intelligence and its impact on a child's development.
- Session 2: The Role of Emotional Intelligence: Exploration of how emotional intelligence influences a child's social interactions, academic success, and overall well-being.
- Session 3: Nurturing Emotional Intelligence: Learning techniques to foster emotional intelligence in children.
- Session 4: Handling Emotional Challenges: Strategies to help children navigate difficult emotions and develop emotional resilience.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

**Deliverables:** Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for raising an emotionally intelligent child.
3. Access to an online forum for continued support and knowledge sharing.

**Duration:** 5 hours (divided over multiple days)

**Audience:** Parents, Caregivers, Educators, and anyone interested in nurturing emotional intelligence in children.



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*"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."*

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ABOUT

## IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.





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*"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman*

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# CONTACT US

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