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HEALTH & WELLNESS



# Your Therapy Doctor™

Featuring  
Dr Pauline Belton  
Mental Health Specialist



Your Therapy Doctor  
Monday at 9AM PST/12PM EST  
**May 16th 2022: Emotional Intelligence: A Deeper Dive**

Emotional Intelligence is a highly critical topic to discuss. How are you able to handle your emotions, behaviors and thinking in stressful situations where you are not the only one involved? It's amazing how we react or respond when things don't go the way you expect. This is where your emotional intelligence is revealed; not only to you...to others to. Join the conversation as Your Therapy Doctor featuring Dr Pauline Belton takes a deeper dive into Emotional Intelligence and how we cope on a daily basis.



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