



Build the skills that help you succeed at work and in everyday interactions.

Emotional intelligence helps you:

- Understand and manage your emotions effectively
- Communicate with confidence and professionalism
- Build positive workplace relationships
- Handle feedback and workplace challenges constructively
- Demonstrate empathy, teamwork, and self-awareness

Eligibility: Permanent Resident;  
Convention Refugee

## Preparing for Employment: Emotional Intelligence Skills for Newcomers

Join us to develop  
emotional  
intelligence skills  
that employers  
value and  
strengthen your  
readiness for the  
workplace.

**July 22, 2026**  
from 1 pm - 2:30 pm

Heena Munshi at 226-346-2956 or  
hmunshi@nceinc.org  
This session will be delivered at 660  
Ouellette Ave., Windsor ON

@nceinc1

