

**What participants are saying about ICT's Emotional Intelligence:
Trauma & Resiliency Training:**

"[I learned that] the majority of one's perceptions/attitudes/knowledge begins at home...you learn from those experiences and they become your history, and [sometimes] unfortunately, history repeats itself."

"One thing I learned is that we are coaches and can have a profound effect on the youth that we work with in that regard. We set a game-plan for their lives to tailor it towards their success."

"[My takeaway from this training is that]...the way to implement change is to have meaningful dialogue and truly understand one another."

"[My takeaway from this training is to] never forget the past but don't let it define you. Society and the media are full of fake ideologies and paradigms. There are solid, productive and proactive message out there but [they sometimes] get less attention"

"[Today I learned to] identify my paradigms (good or bad) and reflect on if I want to change them or continue following them."

"[I learned that] your past does not have to determine your future."

"[Today I learned that there are] 2 kinds of trauma – inescapability and betrayal."

Emotional Intelligence: The Path to Health Through Understanding

Trauma and Resiliency

May 20,2020 (8:00AM – 5:00)

COMMENTS FROM TODAY'S CLASS

"Not to blow smoke...but by far hands down...best training I've received about self/youth."

Juvenile Institutional Officer II

"Thanks again...really helpful information...[I] really enjoyed the class and am learning a lot.

Great class"

Sr. Juvenile Institutional Officer

"Monterey County Probation Institutional Officers would like to thank you...awesome class.

Thank you!"

Sr. Juvenile Institutional Officer

"Great class...very informative."

Deputy Probation Officer

"Great information, amazing how trauma can sneak up on people many years later."

Juvenile Institutional Officer

"I really enjoyed the training, you made me reflect about my daily activities and I learned the meaning of living by design not by default."

Deputy Probation Officer

"Method comes handy with staff as well as the youth interned at JH. Learned to pivot in situations out of our control more or less...Re-evaluating what the top 5 people we associate bring to the table for ourselves (Rule of 5). The past doesn't determine the future."

Juvenile Institutional Officer II

"4-2-7 Breathing...being able to understand our youth more from their trauma. Pit, pivot, dip. The people we surround ourselves with, we become the average of them. Thank you for a great class!"

Juvenile Institutional Officer

"This will not only help me help myself, but I can share this information with the kids and staff. Thank you!"

Deputy Probation Officer

"Your prior trauma does not define you. Self-care is essential during a time of crisis. Jamie you are a true inspiration."

Deputy Probation Officer