



# Emotional Agility

David, Susan. (2016). Emotional Agility, Get Unstuck, Embrace Change, and Thrive in Work and Life., Penguin, Random House, NY., NY.

Book Study Schedule; Mondays, 3:30-4:30, Google Meet

**March 7-** Introductions, Check-ins and discussion

Chapter 1; Rigidity To Agility

Chapter 2; Hooked

**March 14-** Chapter 3; Trying To Unhook

Chapter 4; Showing Up

Chapter 5; Stepping Out

**March 21-** Chapter 6; Walking Your Why

Chapter 7; Moving On: The Tiny Tweaks Principle

**March 28-** Chapter 8; Moving On: The Teeter-Totter Principle

Chapter 9; Emotional Agility at Work

**April 4-** Chapter 10; Raising Emotional Agile Children

Chapter 11; Conclusion Becoming Real

Wrap up and conclusion discussions

## Resources:

Susandavid.com

TED Talks: The Gift of the Power of Emotional Courage

How To Be Your Best Self in Times of Crisis

Why Bad Emotions Are Good

Newsletter: Emotional Agility Newsletter

Emotional Agility Quiz

Co Facilitators: Celia Slason

*NHSCA Board member recently retired after 28 years as an elementary school counselor for SAU29.*

Karen Merrill-Antle

*NHSCA Board and current school counselor, 9-12 with SAU24.*