



Strengthening classroom connections

The emotional wheel and two-word check-in technique: A powerful combination

The two-word check-in is a group-based, research-supported intervention that uses feeling words from the emotional wheel, which helps students and adults express themselves more precisely. This technique helps individuals enhance their self-awareness, social awareness and fosters a sense of belonging in the classroom.

What you'll learn:

- Insights into emotional intelligence
- How to use an emotion wheel
- Reasons to use an emotion wheel

About the Facilitator:

Rebecca Sultan, MA, LMFT, LCADC

Rebecca holds a BA in psychology and education from Whittier College and an MA in counseling psychology from Regis University. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

Successfully incorporating the emotional wheel

Thursday, January 16, 2025
4 – 5:30 p.m.

Click **HERE** to
Register or **Scan**
the QR code.



Earn 1.5 Clock Hours*

*Please indicate on the registration form if CEUs are required.