



Inteligencia Emocional

Descubre cómo gestionar el capital básico y universal de las emociones



ELSA PUNSET

One of the most respected expert on **Emotional Intelligence** in Europe

Elsa Punset has a degree from the faculty of Arts and MA from the faculty of Humanities at the University of Oxford. She also has an MA in Journalism from the Autonomous University of Madrid and an MA in Secondary Education from Camilo José Cela University (UCJC).

She regularly contributes to various media, gives conferences and is a director at the UCJC Emotional and Social Learning Laboratory, where she works on the application of emotional intelligence in the decision making processes of children and adults.

CONFERENCIANTES **BCC**
INTERNATIONAL SPEAKERS





Her books, *Compass for Emotional Navigators* (2008), *Radical Innocence* (2009) and *A Backpack for the Universe* (Destino, 2012) have confirmed her as a successful author and her appearances on radio and television have underlined the impact her messages have on the public.

Topics

- ❖ **Personal and Professional skills development**
- ❖ Emotional Intelligence
- ❖ **Positive Emotions**
- ❖ Creative Strategies

