



Dr. Hopolang Matee, PhD (South Africa)
CLINICAL PSYCHOLOGIST

Dr. Hopolang Matee is a clinical psychologist committed to working relationally and collaboratively with adolescents and adults across various life challenges and goals. As an Education Lead at The LightHouse Arabia, Dr. Matee passionately guides initiatives that enhance mental health awareness and education, through engaging parents, schools, students, and allied administrations across mental health and wellbeing topics. With over seven years of experience specializing in a wide range of treatment approaches, Dr. Matee focuses on equipping individuals with insightful strategies and skills across multiple mental health and wellbeing needs.



ONLINE WEBINAR

RAISING EMOTIONALLY INTELLIGENT CHILDREN

Date: Wednesday, 14th May

Time: 11am - 12pm

This is a 45-minute webinar, followed by 15-minutes for Q&A and discussion.

ABOUT THIS WEBINAR:

Up to 85% of a person's success in life is determined by emotional intelligence; however, as technology becomes more pervasive and invasive, children are not getting the exposure to experiences that cultivate emotional intelligence. Without emotional intelligence children are unable to cope with the demands of 21st century and more children are reporting symptoms of anxiety and depression.

ATTENDEES WILL LEARN:

- The components that make up emotional intelligence, and gain insight into the role emotional intelligence plays in success.
- Practical tips for boosting their children's emotional intelligence.



THE LiGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com

REGISTRATION: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.