

# Emotional Intelligence in Caregiving: A Four-Part Learning Series

Presented in partnership with **Free the Mind Co.**, this four-part series gives caregivers and professionals practical emotional intelligence strategies to support wellbeing, communication, and compassionate care across every care setting.

## Speakers:



**Kim Normand Dobrin**  
Co-Founder & CEO, Free the Mind Co.



**Nancy Green**  
Chief Experience Officer, Free the Mind Co.

## Unlock the Power of Emotional Intelligence

**Date/Time:** January 9, 2026 | 11:00 AM CT

**Overview:** Emotional intelligence plays a key role in how we communicate, handle stress, and support others. This kickoff session introduces EI skills that enhance wellbeing and improve relationships throughout the caregiving journey.

## Supporting Veteran Families' Wellbeing

**Date/Time:** January 23, 2026 | 11:00 AM CT

**Overview:** Veterans, their families and caregivers often navigate complex emotional and behavioral challenges. Explore practical emotional intelligence tools that nurture personal wellbeing, resilience, and meaningful connection.

## Building Stability and Strength in Child Welfare

**Date/Time:** February 6, 2026 | 11:00 AM CT

**Overview:** Children and families in child welfare settings often experience periods of stress and change. Discover how emotional intelligence skills can support calm, connection, and emotional wellbeing for both caregivers and youth.

## Caring for Professional Caregivers

**Date/Time:** February 20, 2026 | 11:00 AM CT

**Overview:** Professional caregivers often give deeply of themselves, which can lead to exhaustion, and burnout. This session offers emotional intelligence practices that restore inner balance, strengthen resilience, and support sustained wellbeing for those who care for others