

# Do you feel like your emotions are out of control and keeping you stuck & miserable?

Most people cannot name the emotion they're experiencing in the moment or say why they're experiencing it!

This leads to unnecessary anxiety, stress and relationship problems both at work and at home.

## STORY IDEAS:

**The #1 skill all leaders MUST have if they're going to survive:** 5 steps to develop resilience

**The pandemic behind the pandemic:** the toll unaddressed emotions are having on us all

**How a fight with his wife led this Army vet on his scariest mission yet:** and transformed his life in every way

**Tired of riding the emotional rollercoaster?** Here's 3 things you can do right now to get back in control

**The danger lurking behind 'hustle culture':** Why working harder may not be the answer

**Is your emotional vocabulary hurting you?** The secret language most Americans don't know

**Lessons from a 'serial hugger':** How this Army veteran's hugs are changing lives

**What to do the next time you get triggered by your boss/spouse/co-worker**

**Back to School: Teach your kids these words** if you want them to have an emotionally healthy school year



## NOBLE GIBBENS

EMOTIONAL INTELLIGENCE COACH

Noble is the person you'd least expect to be talking about feelings & emotions! An uncharacteristic fight with his wife a few years ago revealed a glaring issue: he was clueless when it came to handling his emotions.

This West Point grad and former Infantry Officer in the US Army is now an EQ Practitioner and teaches Emotional Intelligence on his five-star rated podcast, **EQ Gangster**, in his **EQ Mafia Membership** and through **corporate coaching & consulting**.

Don't let the big beard & tattoos fool you - Noble is pure positive energy & passion! He brings 23 years' experience as an entrepreneur and international keynote speaker to help corporate clients, entrepreneurs, leaders & influencers get their emotions working for them, not against them.

- **International keynote speaker for audiences of thousands**
- **Guest on 30+ podcasts**
- **Podcasts with hundreds of thousands of downloads**

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