

Here's the Eventbrite link:

**Preregister at:**

<https://www.eventbrite.com/e/778846249097?aff=oddtcreator>

**Date: February 13, 2024**

**from 10 am - 11:30 am**



**JENNIFER  
JAMES  
MUHAMMAD**

**LIFE COACH  
AND STRATEGIST**

## TOPIC

**Self-Awareness, Self Care And  
Emotional Intelligence**

## Learning Outcomes

- Self assessment
- Engage in productivity planning
- Understanding life design

**SPONSORS**



**ALAMEDA COUNTY BEHAVIORAL HEALTH  
COMMUNITY BASED LEARNING**

