



#fanfan\_brackett



# Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

## Marc Brackett, Ph.D.

Founding director, Yale Center for Emotional Intelligence, and professor, Child Study Center, Yale School of Medicine. Developer of RULER, a systemic, evidence-based approach to social-emotional learning.

**Tuesday, October 1, 2019, 7:00 PM**

**Grand Rounds: Tuesday, October 1, 2019, 9-10:30 AM**

1.5 CEU hours for clinicians -- [bit.ly/BrackettFAN](http://bit.ly/BrackettFAN)

**Both events, New Trier High School/Northfield, Cornog Auditorium  
7 Happ Rd., Northfield, IL 60093**

Presented by **Family Action Network (FAN)**,

in partnership with Beacon Academy, Chiaravalle Montessori School, Countryside Montessori School, Cove School, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Glencoe PTO, Haven Youth and Family Services, Lake Forest Country Day School, New Trier HS D203, Roycemore School, Science and Arts Academy, ServerCentral Turing Group, The Family Institute at Northwestern University, Winnetka D36, Youth & Opportunity United (Y.O.U.), and the YWCA Evanston/North Shore.

This event is **#freeandopentothepublic** and will not be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

**#familyactionnetwork #movingconversationsforward #alwayslearning #timewellspent**

### Sponsors

Martin & Mary L. Boyer Foundation



### Partners

Butler Family Foundation

Nancy & Nick Giampietro

The Graboys Family



Kendra Nichols Wallace

### Supporters

Connections for the Homeless  
Envestnet  
Fusion Academy  
Stephanie & Roger Hochschild  
Kim & Brad Keywell  
Lori & Ross Laser

Mammel Foundation  
The McCall Family  
Alison & Andrew McNally  
Modestus Bauer Foundation  
New Trier Parents' Association  
North Shore Community Bank

Northwestern University/SESP  
Susan & Phil Rooney  
Cari & Michael Sacks  
Youth & Opportunity United (Y.O.U.)  
YWCA Evanston/North Shore

### Community Allies

Counseling Center of the North Shore  
Family Service Center  
Family Service of Glencoe  
Foundation 65  
Haven Youth and Family Services

The McGaw YMCA  
Northwestern University  
Winnetka Youth Organization  
Young, Black & Lit

### In-Kind

Acclaim Media  
Kirkland & Ellis  
Loyola University Chicago School of Law  
The Book Stall at Chestnut Court



**FOR IMMEDIATE RELEASE: MARC BRACKETT, Ph.D. – TWO EVENTS**  
**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, [Lonnie@familyactionnetwork.net](mailto:Lonnie@familyactionnetwork.net)

**Tuesday, October 1, 2019, 7:00 PM, Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093.**

**GRAND ROUNDS: Tuesday, October 1, 2019, 9:00-10:30 AM, Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. *1.5 CEU hours available, [www.bit.ly/BrackettFAN](http://www.bit.ly/BrackettFAN)***

In his 25 years as an emotion scientist, **Marc Brackett, Ph.D.**, author of the insightful and compelling new book *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*, has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. He has led large research teams to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed thousands of schools nationwide. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement.

**Carol Dweck, Ph.D. (FAN '11 and '14)** notes: “We often create a false dichotomy between thinking and feeling. In this dichotomy, thinking is important, strong, and adaptive, but feeling is not. Marc Brackett shows us how emotions – and our ability to feel, understand, and use them – are key to fulfilling our potential.”

Prof. Brackett is the founding director of the **Yale Center for Emotional Intelligence** and a professor in the **Child Study Center** at the **Yale College of Medicine** at **Yale University**. He has published 125 scholarly articles on the role of emotions and emotional intelligence in learning, decision making, creativity, relationships, health, and performance. Prof. Brackett has received numerous awards and is on the board of directors for the **Collaborative for Academic, Social, and Emotional Learning (CASEL)**. He is co-founder of **Oji Life Lab**, a digital emotional intelligence learning system for businesses. Prof. Brackett also consults regularly with corporations like Facebook, Microsoft, and Google on integrating emotional intelligence principles into employee training and product design.

*Sponsored by **Family Action Network (FAN)**, in partnership with **Beacon Academy, Chiaravalle Montessori School, Countryside Montessori School, Cove School, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Glencoe PTO, Haven Youth and Family Services, Lake Forest Country Day School, New Trier High School D203, Roycemore School, Science and Arts Academy, ServerCentral Turing Group, The Family Institute at Northwestern University, Winnetka D36, Youth & Opportunity United (Y.O.U.), and the YWCA Evanston/North Shore.***

**Sponsors**



**Partners**



**Supporters**

- Connections for the Homeless
- Envestnet
- Fusion Academy
- Stephanie & Roger Hochschild
- Kim & Brad Keywell
- Lori & Ross Laser
- Mammel Foundation
- The McCall Family
- Alison & Andrew McNally
- Modestus Bauer Foundation
- New Trier Parents' Association
- North Shore Community Bank
- Northwestern University/SESP
- Susan & Phil Rooney
- Cari & Michael Sacks
- Youth & Opportunity United (Y.O.U.)
- YWCA Evanston/North Shore

**Community Allies**

- Counseling Center of the North Shore
- Family Service Center
- Family Service of Glencoe
- Foundation 65
- Haven Youth and Family Services

**In-Kind**

- The McGaw YMCA
- Northwestern University
- Winnetka Youth Organization
- Young, Black & Lit
- Acclaim Media
- Kirkland & Ellis
- Loyola University Chicago School of Law
- The Book Stall at Chestnut Court