



# HCC PICNIC

APRIL 29 **2023**

11 AM – 3 PM

## COME TO ENJOY

- lunch + ice cream
- fellowship time
- organized games
- beautiful space with lake, trail, and playgrounds
- feel free to bring sports equipment and games

-----  
**\$5 ADULT | \$3 KID**

invite family and friends  
(newcomers are free)



Kitty Hollow Park  
Pavilion DD

9555 Hwy 6, Missouri City

# GENERAL DIRECTIONS:

ENTER KITTY HOLLOW PARK FROM HIGHWAY 6 AND FIND PAVILION DD!



PARK IN THE LOT BEFORE PASSING A 2-STORY WHITE HOUSE. OUR PAVILION IS BEHIND THE HOUSE.



A FAMILY LIFE  
CONFERENCE



EQ > IQ

Strengthening your  
emotional quotient

MAY 5-6, 2023



# EQ > IQ: Strengthening your emotional quotient

The HCC Family Life ministry is excited to present a weekend conference on EQ – Emotional Quotient, aka Emotional Intelligence. Our society places a lot of value on IQ (Intelligence Quotient), but research shows that EQ is of greater importance than IQ for success in life. For example, your IQ may get you the job you want, but your EQ will help you retain and advance in your job, as you interact with others on your team. Similarly, EQ helps you in your daily relationships and impacts how effective you are in conveying the reality of Christ to others.

Our conference will introduce the 4 key components of EQ, as well as provide workshops on the management of those components:

Self-awareness  
Self-management

Social awareness  
Relationship management

## Schedule:

- Friday, May 5, 7:30 – 9:30 pm – 2 general sessions conducted in-person and on Zoom
  - Becoming Like Jesus: Faith-Based Emotional Intelligence
  - Emotional Self-Awareness: Recognizing One's Emotions and Their Effects
- Saturday, May 6, 9:00 am – 12:30 pm – 3 Zoom workshops
  - Accurate Self-Assessment: Knowing One's Strengths and Limits
  - Personal Power Through Christ: Biblically-based Worth and Capabilities
  - Empathy: Sensing Other's Feelings and Perspective

Register for the conference and find more info at [hcc.lv/EQconference](http://hcc.lv/EQconference)

## Speaker:

Sue Hurst graduated from Liberty University with a psychology degree specializing in Life Coaching. Additionally, she's earned 4 coaching certifications with 2 specifically for Emotional Intelligence. She is a speaker and Christian coach that focuses on EQ and presents it with a biblical perspective.

