

August Focus: Enhancing Emotional Intelligence (EQ)

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. EQ is defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others; EQ is at the heart of effective relationships. Unlike IQ, which measures cognitive intelligence, EQ focuses on emotional awareness and interpersonal skills. EQ is valued by organizations because it influences teamwork, communication, and workplace harmony.

Goodwin's Motion to Move Peloton Challenge Recap

Last month, Goodwin employees pedaled, stretched, lifted, and sprinted their way through the "Motion to Move" Peloton Challenge! There were 58 participants who participated in the challenge. 68% of participants met the 400-minute goal embracing movement in all forms, from high-energy rides to mindful yoga.

This challenge wasn't just about fitness, it was about community, consistency, and well-being. Those who hit the 400-minute milestone earned a digital badge and were entered into a prize raffle. Thank you to everyone who joined in and make this initiative a success!

Congrats to our raffle prize winners: Timothy Bazzle (Boston) and Lisa Prickril (Philadelphia)

Webinar: Enhancing Emotional Intelligence – What EQ Can Do for You

Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

Tuesday, August 19th at 12:00 p.m. ET | 9:00 a.m. PT | 5:00 p.m. GMT

Click [here](#) to register.

Tip Sheet: [Raise Your Emotional Intelligence at Work](#)

Behavioral Health Consultant Availability

Schedule one-on-one time with a Behavioral Health Consultant to discuss any life challenge or guidance of topics such as, work/personal relationships, family, parenting, anxiety, and more.

- Leslie – available every Wednesday
- Shirley – August 15
- Tess – August 21
- Stephanie – August 21
- Leighna – August 27

Schedule your consultation [here](#).



Headspace

All partners and employees have access to a free Headspace account. This is your personal guide to mindfulness, sleep, focus, movement, and more. From waking up to exercising, eating to sleeping, Headspace can help you live your whole day mindfully with guides, courses and exercises that are backed by research. Click [here](#) to learn more.

Webinar: Conflict to Connection: Tools for Better Communication

In this workshop, you'll learn how to approach tough conversations with presence and empathy. With guidance from communication experts and a meditation teacher, you'll explore techniques for listening carefully, expressing yourself clearly, and easing tension during difficult discussions.

Click [here](#) to register.

Thursday, August 14th

Session 1: 12:00 p.m. ET | 9:00 a.m. PT

Session 2: 8:00 p.m. ET | 5:00 p.m. PT



Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- Bright Horizons: Raising a Reader
- Cleo: Emotional Wellness – Tending to You and Your Loved One's Wellbeing
- Fidelity: Understanding the Basics of Social Security
- Headspace Meditation: Mindful Communication
- Health Advocate: Raising Resilient Kids
- One Medical: Making Peace with Food
- Wellthy: Cancer Caregiving – Supporting a Loved One Through Diagnosis and Recovery

Click [here](#) to see all events.

The Wellness Brief



“Tip 1: I fully believe that being physically strong results in mental and emotional strength. I incorporate physical fitness into my daily routine and have seen so many benefits from it. Having physical endurance will allow you to also have the fortitude to tackle any obstacle! **Tip 2:** I also think it's important to know your limits and this requires some work and self-awareness. In the environment and world in which we live, it's really easy to get caught up in the day-to-day. But knowing when to pull back and focus on yourself - whether that's physically or mentally - is a superpower.”

Kathryn McNally, Sr. Manager, Law School Relations

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

YOU@GOODWIN	Benefits Event Calendar
benefitsdepartment@goodwinlaw.com	617-570-1800

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