



Marc Brackett, Ph.D.

Topics

Communication, Education and Parenting, Health and Wellness, Inspirational Speakers, Mind and Brain, Science and Technology

Travels From

Connecticut

Bio

Marc Brackett, Ph.D., author of *Permission To Feel*, is the founding director of the Yale Center for Emotional Intelligence and a professor in the Child Study Center, Yale School of Medicine at Yale University. His grant-funded research focuses on: (1) the role of emotions and emotional intelligence in learning, decision making, creativity, relationship quality, and mental health; (2) the measurement of emotional intelligence; and (3) the influence of emotional intelligence training on children's and adults' health, performance, and workplace performance and climate. Marc has published 125 scholarly articles and has received numerous awards, including the Joseph E. Zins Award for his research on social and emotional learning and an honorary doctorate from Manhattanville College. He also is a distinguished scientist on the National Commission on Social, Emotional, and Academic Development and on the board of directors for the Collaborative for Academic, Social, and Emotional Learning (CASEL). Marc is the lead developer of RULER, a systemic, evidence-based approach to social and

emotional learning that has been adopted by over 2,000 public, charter, and private pre-school through high schools across the United States and in other countries, including Australia, China, England, Italy, Mexico, and Spain. RULER infuses social and emotion learning into the immune system of schools by enhancing how school administrators lead, educators teach, students learn, and families parent. Research shows that RULER boosts academic performance, decreases school problems like bullying, enriches classroom climates, reduces teacher stress and burnout, and enhances teacher instructional practices. Marc regularly consults with large companies on best practices for integrating the principles of emotional intelligence into training and product design. He is co-founder of Oji Life Lab, a corporate learning firm that develops innovative digital learning systems for emotional intelligence. Marc speaks to tens of thousands of people each year and has been the keynote speaker at over 500 conferences around the world, including the White House, U.S. Departments of Education, Justice, and Defense, the Surgeon General's office, the New York Times, Microsoft, Google, Facebook, Twitter, ASU-GSV, the Aspen Institute, as well as dozens of education conferences. Marc also holds a 5th degree black belt in Hapkido, a Korean martial art.

SPEECHES

Emotional Intelligence: From Theory to Practice at Work Emotions can either hurt or help us. In this presentation Marc will describe how people can harness the wisdom of emotions to enhance decision making, leadership skills, relationships, well-being, workplace creativity, and organizational performance. Marc will also teach the emotional intelligence framework developed at Yale, which includes five key skills that have been shown to help people achieve greater personal and professional success.

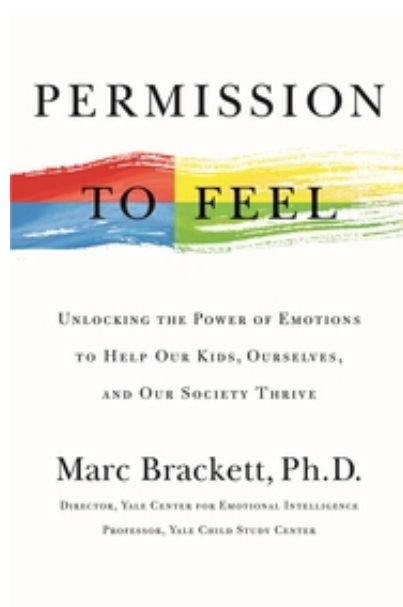
Creating an Emotion Revolution in our Nation's Schools Emotions inform learning, thinking, decision making, creativity, relationships, mental and physical health, and everyday performance. In this highly interactive presentation, Marc will discuss his Center's whole-school, evidence-based approach to social and emotional learning (SEL) which has been adopted by over 2,000 schools across the U.S. and around the world. A particular focus will be on why a systemic approach to SEL leads to better outcomes, including reduced aggression and bullying, more effective leading and teaching, greater academic achievement, and more positive classroom and school climates.

Emotional Intelligence: Key to Raising Healthy, Happy, and Successful Children In this interactive presentation, Marc will first discuss his Center's research on the "emotional state" of our nation's children and families and describe the theory and skills of emotional intelligence, which have been shown to support optimum health, well-being, and academic success. He'll then teach the skills, tools, and practices developed at Yale, which can immediately support parents in developing their own and their children's emotional intelligence.

Permission To Feel: Unlocking the Power of Emotions to Achieve Optimum Well-being and Success Emotions matter. What we do with our emotions is especially important. The goal of this presentation is to (1) inspire a new mindset around the power of emotions to transform our lives, (2) describe the five key underlying skills of emotional intelligence, known as the "RULER" skills, and (3) provide innovative strategies and tools for developing emotional intelligence so that our emotions help,

rather than hinder, our well-being and success at home, in school, at work, and in everyday life.

BOOKS



Hardcover

[Permission to Feel](#) Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Society Thrive

Celadon Books

This book combines rigor, science, passion, and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

REVIEWS: "This is the most effective training I have ever experienced! It was challenging, exciting, sometimes scary and taught with such care and integrity. Everyone with the desire to live life more fully

and richer should listen to Marc and work on developing skills he teaches.”

- Executive at Charles Schwab

"I want to thank you for being our keynote speaker yesterday. It seems everyone I talk to wanted me to express appreciation for your inspiring presentation. Your years of research, your depth of understanding of emotional intelligence, and your ability to present the subject in such a compelling way produced one of the most memorable presentations in NYC's DOE's history."

- Dolores Esposito, Executive Superintendent of Leadership, NYC Department of Education

"Marc is sharp, funny, self-deprecating and knows how to read an audience. He was excellent! He was the biggest draw for me to attend this conference, and he surpassed my expectations." - Marjorie, Learning and the Brain Conference

"Home run! It was a perfect session. Absolutely one of the best and most useful sessions to enhance my work and life."

- Executive at Goldman Sachs

"I have heard 'a few' keynote addresses in my 40 year teaching career. Yours was OUTSTANDING. Not only did I gain tremendous knowledge but you also offered such hope for the future. Your honesty and fresh approach to a serious topic is much appreciated."

- Maria, Middle School Teacher

"Your openness, honesty and passion has motivated me to really move forward with bringing social emotional learning to the fore front! I just wanted to say thank you for following your dreams so I can pursue mine!"

- Drew, High school teacher

"Your presentation at our firm-wide retreat was absolutely excellent. Your style – honest, at times self-deprecating, engaging, funny, etc. – was absolutely flawless and everyone enjoyed themselves from start to finish. You brought you're A-game and we appreciate it!" - Cammie, On behalf of Aspiriant

"Everyone is still on a high from your session! This note is specifically to thank you for bringing both rich content and research AND tremendous style and charisma to our Summit."

- Annie Tobias, Vice President, Learning and Engagement, Ontario Hospital Association

Praise for Permission to Feel "While Brackett focuses on educational and child-based applications for his methods, his wise principles can easily be applied to adult situations as well. Readers looking for strategies for responding to stress, particularly in children, will find much guidance in this cogent, welcoming work."

-*Publishers Weekly*

"The author's research is wide-ranging, and his interweaving of his personal story with the data helps make the book less academic and more accessible to general readers. It's particularly useful for parents and teachers who want to help children learn to handle difficult emotions so that they can thrive rather

than be overwhelmed by them. The author's system will also find use in the workplace."

-Kirkus

"More than any other book on human feelings, *Permission to Feel* integrates psychological research, educational practice, and compelling stories, including Marc Brackett's own life experiences, to make emotional intelligence come alive. This is one book that leaders, educators, parents, students, and researchers will all find valuable . . . and fun to read."

—Peter Salovey, President of Yale University and Chris Argyris Professor of Psychology

"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."

—Carol Dweck, Author of *Mindset: The New Psychology of Success* and Professor of Psychology, Stanford University.

"*Permission to Feel* is a deeply insightful and compelling examination of one of the most important but ignored dimensions of the human experience. In his honest, funny, and illuminating way, Marc Brackett helps us to understand how emotions influence our health, performance, and overall well-being, and how we can leverage their power to transform our lives."

—Vivek Murthy, MD, MBA. 19th Surgeon General of the United States

"A compelling and complete journey that delivers on its promise of giving us 'permission to feel.' Marc Brackett shows us that emotional intelligence is not a gift but a skill—one that we can all learn, and benefit from immensely."

—Angela Duckworth, Author of *Grit*, CEO, Character Lab, and Professor of Psychology, University of Pennsylvania

"I love this book! Marc Brackett has inspired me to be more open; taught me how to become an emotion scientist; and given me the tools to heal wounds in my own life. *Permission To Feel* is raw, insightful, accessible, and in the end, empowering."

—Timothy Shriver, Chairman, Special Olympics

"This book is groundbreaking, eye opening, practical, and perhaps even life changing. Weaving together powerful stories and provocative research, Marc Brackett brilliantly conveys how social and emotional skills can improve the quality of our lives, relationships, and work. With compassion, humor, and wisdom Brackett shares perspectives that challenge us all to be better people."

—Roger Weissberg, Distinguished Professor Emeritus of Psychology, University of Illinois at Chicago; Chief Knowledge Officer, Collaborative for Academic, Social, and Emotional Learning

"There is a dire need to cultivate social and emotional skills in our nation's youth. That starts with cultivating emotional intelligence in everyone involved in the education of children. *Permission to Feel* lays a framework for what adults need to learn in order to support children—and themselves—in achieving academic and life success."

—Carmen Fariña, Chancellor Emeritus, New York City Department of Education

"In business, we are often pressured to withhold or suppress emotions, ultimately creating toxic environments and interpersonal conflict. In *Permission to Feel*, Marc Brackett teaches essential skills and tools for bringing our best selves forward. The results? Enhanced personal and professional outcomes, and healthier and more engaging workplaces. A must-read for every entrepreneur and their investors."

—Deborah Quazzo, Managing Partner GSV Accelerate Fund