

FAN



Proven Strategies, Profound Results

DEALING WITH FEELING

Use Your Emotions to
Create the Life You Want



MARC BRACKETT

Author of Permission to Feel

Book Giveaway! Dealing with Feeling: Use Your Emotions to Create the Life You Want Marc Brackett, Ph.D.

Founding Director of the Yale Center for Emotional Intelligence, and a Professor in the Child Study Center at Yale University.

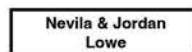


Wednesday, October 29, 2025, 7:00 PM CT
Highland Park High School Auditorium
433 Vine Ave., Highland Park, IL 60035
(Use H-Entrance on north side of school.)

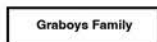
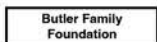
Free copy of *Dealing with Feeling*, while supplies last. Book sale, too.
Simultaneous Spanish interpretation available through headsets. 20 headsets, first-come, first-served.
Live English closed captioning displayed during program.
This event is #freeandopentothe public and will be recorded. Suitable for youth 12+
NO REGISTRATION REQUIRED.

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FOR IMMEDIATE RELEASE: MARC BRACKETT, Ph.D. – IN-PERSON EVENT

CONTACT: Lonnie Stonitsch, FAN Executive Director, lonnie@familyactionnetwork.net

Wednesday, October 29, 2025, 7:00 PM CT, Dealing with Feeling: Use Your Emotions to Create the Life You Want, Highland Park High School Auditorium, 433 Vine Ave., Highland Park, IL 60035. NO REGISTRATION REQUIRED.

Program Notes: Use H-Entrance on north side of school and the parking lots near that entrance. Access the lots via St. John's Ave. Simultaneous Spanish interpretation available through headsets. 20 headsets available on a first-come, first-served basis. Live English closed captioning displayed during program. Free copy of *Dealing with Feeling*, while supplies last. Book sale at event, too.

In *Dealing with Feeling: Use Your Emotions to Create the Life You Want*, Marc Brackett, Ph.D. (FAN '19), offers an essential guide for regulating how we respond to our emotions to transform our lives.

Success in virtually every aspect of life—career, friendship, love, and family—is determined mainly by one thing: how we deal with emotions. In your most challenging moments, how did you respond? Did you fly off the handle? Were you paralyzed by indecision? Did you engage in behaviors that undermined your best intentions? Or did you exhibit grace under pressure and flourish? How you responded likely shaped what happened next. But emotion regulation isn't a fixed trait, as many believe. It is a set of skills and strategies that must be learned, practiced, and refined over a lifetime.

Brackett examines his own challenges dealing with emotions, explains the latest science of emotion regulation, and provides a set of practical, evidence-based strategies to help us use our feelings wisely to nurture healthy relationships, achieve ambitious goals, and experience greater well-being. At the heart of his message is acceptance: There are no bad emotions—only emotions we don't understand or know how to direct in positive, intentional ways.

By honing our emotion regulation skills, we can increase our chances of achieving success in all facets of our lives. *Dealing with Feeling* will show you how to work with your and others' emotions—not against them—so you can become the best version of yourself and lift others up, too.

Brackett is the founding director of the Yale Center for Emotional Intelligence, a professor in the Child Study Center at Yale University, and the author of the 2019 bestselling book *Permission to Feel: The Power of Emotional Intelligence to Achieve Well-Being and Success*. He is the lead developer of RULER, an evidence-based approach to social and emotional learning that has been adopted by more than five thousand schools around the globe. In 2024, he launched the YouTube webcast *Dealing with Feelings*.

This event is suitable for youth 12+. It will be recorded but not live streamed and will be available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Chiaravalle Montessori School, Compass Health Center, Connections for the Homeless, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Community High School D115, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Near North Montessori School, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Township High School D214, TrueNorth Educational Cooperative #804, Wilmette D39, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.