

MINDING OUR OWN EMOTIONAL BUSINESS

Emotional Intelligence Training Rooted in Clarity, Truth, and Compassion

Self-Awareness

Emotional clarity starts with the ability to observe and name our feelings without judgment. Self-awareness is the foundation of emotional intelligence — it's what allows us to notice our reactions before we act on them. In this training, participants begin by slowing down enough to hear what's happening inside. We use simple practices that reconnect people to their breath, their bodies, and their inner landscape.

The Science of Emotions

Participants are introduced to how the brain responds to stress — especially the amygdala, which activates our fight, flight, freeze, or fawn response. Many people have never been taught how their body and brain are wired to protect them. But understanding this allows us to recognize that intense reactions aren't flaws — they're survival responses. When we know what's happening, we can pause, regulate, and respond from a grounded place.

Interpretation

This section explores how the meaning we assign to events — our interpretation — often drives our emotional response more than the event itself. Participants learn to separate the facts of a situation from the stories we tell ourselves about it. This is one of the most powerful shifts in emotional responsibility: realizing that we can challenge and reframe our automatic thoughts, especially in moments of tension or conflict.

Relaxation Response

We teach people how to activate the body's natural ability to calm itself. Participants learn the 'relaxation response,' a practice developed by Dr. Herbert Benson at Harvard Medical School. We use mindfulness, breath work, and movement to support people in moving out of reactivity and into regulation. These practices are simple, accessible, and designed to be used in everyday life.

Healing and Ownership

This work helps people shift from emotional avoidance or blame into emotional ownership. Participants are encouraged to see emotions not as problems, but as messages. Healing isn't always easy — but it becomes more possible when we learn to pause, notice, and choose a new response. This part of the training is where people often experience the most personal transformation.

About the Trainer

Yolanda Fairell Hall is a speaker, facilitator, and creator of the Minding Our Own Emotional Business training. Her work is rooted in her lived experience with trauma recovery, her background in advocacy, and her belief that emotional clarity is essential for meaningful leadership and care. She brings warmth, structure, and deep listening to every group she works with.

"The world and its people may influence my emotional responses — but they cannot determine them. I alone have the power to manage my emotions." **Want to bring this experience to your team, organization, or community?** ■ 850-509-9832 | ■ www.yolandaspeaks.com | ■ yolandafhall@gmail.com