

*Relevant Credentials for  
Darby Fetzer,  
EQ Facilitator*

- BS in Occupational Therapy from WMU
- MA in Organizational Management from Spring Arbor
- Facilitator of Attitudinal Healing
- Facilitator of Small Groups at Connections Community Church
- Training in Neurolinguistic Programming
- Emotional Intelligence Certification through Six Seconds, Boston
- Emotional Intelligence Educator Certification through Six Seconds, Boston
- Nexus EQ Conference at Harvard School of Medicine
- EQ Educator's Training and African Summit in Cape Town, SA
- Vital Signs Assessor Training through Six Seconds, Toronto
- SEI Assessor Training through Six Seconds, Toronto



*Help your employees and team find  
"balance" through Emotional Intelligence*



## **Emotional Intelligence Program Offerings**

***Emotional Intelligence  
(EQ) is the effective  
blending of thinking  
and feeling to make  
optimal decisions***



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# Emotional Intelligence Competencies

From this menu of EQ Competencies, clients can pick and choose the 30 minute topics they'd like presented/facilitated. Trainings, Workshops, Lunch & Learns can, therefore, be customized to suit the client's preferences, needs and constraints. Whether one day-long workshop, a focused lunchtime class, or a weekly series, trainings are easily tailored.

## Enhance Emotional Literacy

The simple act of naming emotions has a powerful way of diffusing them and also allows them to be used productively. Here we will expand our emotion vocabulary and identify with specificity our feelings.

## Recognize Patterns

The brain has a tendency to operate largely on auto-pilot. Neural pathways are forged over time. Given a perceived repeated situation, we will likely repeat our response. Quality living, however, requires us to be fully present and intentionally tailor our responses to the nuances of the person and situation. In this exercise, we will uncover pattern tendencies to unleash truly thoughtful and effective emotional responses.

## Apply Consequential Thinking

Experiencing emotions may prompt us to react. What if, however, we engaged our brain at a higher level and explored the future consequences of our potential actions? Here we'll exercise our minds and emotions to generate a number of responses aimed at finding a positive outcome. Imagine how integrating this skill could serve us relationally.

## Navigate Emotions

Many of us are taught to suppress, squelch, or even ignore our emotions. The truth is we need our emotions. No decision can be made without emotion. The challenge is then, navigating our feelings so they don't navigate us. In this exercise, we'll look at ways we can manage our emotions to gain insights which can ultimately be used to benefit ourselves and others.

## Exercise Optimism

Do you tend to be an optimist or pessimist? Most people exhibit a combination of these approaches. While pessimism may help one assess risk, optimism touts significantly more return on investment. A predominantly optimistic approach allows one to take responsibility, think proactively, problem solve creatively, innovate and persevere. Here we'll deliberately strengthen our optimistic muscles to gain fresh perspectives and experience advantages of using this positive approach.

## Engage Extrinsic Motivation

What motivates you? Perhaps it's money, recognition, pleasing others? These are forces outside of us called extrinsic motivators. The problem with extrinsic motivation is that we are at the mercy of others for approval and rewards. Engaging our inner driver/Intrinsic Motivation, however, allows us to gain energy from our personal values and commitments. We can stand strong in the face of challenges and inspire others along the way. In this exercise, we'll identify our Intrinsic Motivators.

## Increase Empathy

We've learned that attending to and managing our own emotions is of vital importance. As relational beings, it's of great importance that we also acknowledge and effectively respond to other's emotions. Here, we'll take time to explore expanding our empathetic skill set.

## Pursue Noble Goals

Noble goals are our personal mission statements that give us an overarching sense of purpose, under which all our daily choices can align. In this exercise, we'll take the time to methodically uncover and identify our Noble Goals.

