



# How to Navigate Your Emotions with Christy Valledor



## Course Objectives

Successful completion of this course will increase your knowledge and ability to:

- Recognize the messages our emotions send us at work
- Understand the trigger-perception-response cycle
- Reframe our thinking to avoid emotional outbursts
- Replace emotional outbursts with productive conversations
- Prevent or recover from your own or another person's emotional outburst
- Employ long-term strategies to channel emotions productively

## Class Information

**Dates:** Tues, Mar 28 & April 4, 2023

**Time:** 6:00 pm - 8:00 pm

**Location:** Zoom Virtual Session

**Tuition:** \$75.00

**Registration deadline is Mar 21, 2023**

- **Cancellations must be received by Mar 21, 2023**

### CODE OF CONDUCT

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**To register please notify your FEAH representative or email: [feahhawaii@gmail.com](mailto:feahhawaii@gmail.com)**

Christy is an experienced Talent Development (TD) professional growing talent in various industries including hospitality, retail and finance. She is currently the Assistant Vice President of TD at HawaiiUSA FCU. Christy's experience goes beyond TD, leading areas like Customer Experience, Call Center, Service, and Financial Wellness. Christy served for many years on the FEAH board and the Association for Talent Development Hawaii Chapter. She is a Certified Professional in Talent Development (CPTD), Certified Prosci Change Practitioner, and Certified Customer Experience Champ. Her life purpose is to help others be the best version of themselves so they can live extraordinary lives.



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