

Leadership Challenge April 2019



Topic of the Month: Mental Health: Anger Management

April 2019

We are excited to share these videos as a developmental resource. Please share with employees eligible (Exempt employees with agencies participating in the Employee Development Fund (EDF), as well as all Information Technology (IT) professionals) to participate in Learning on Demand (LOD) offerings. Below is a selection of videos to aid in your learning journey.

	<p><u>Take Charge of Emotions with the Three Question Approach to Cognitive Reappraisal</u></p> <p style="text-align: right;">Video: 3 minutes</p> <p>When negative emotions run amok, three simple questions get you back on track and thinking rationally.</p>
	<p><u>How to Deal with Non-Performing Employees</u></p> <p style="text-align: right;">Video: 2 minutes</p> <p>Great managers set themselves apart from bad managers when they know how to deal with nonperformers. They act quickly, without spite or anger – because they genuinely care for the person.</p>
	<p><u>How to Instantly Calm From Anger</u></p> <p style="text-align: right;">Video: 2 minutes</p> <p>When you're feeling frustrated or angry, it's time for the cooling breath technique.</p>
	<p><u>Coaching a Bad Attitude</u></p> <p style="text-align: right;">Video: 4 minutes</p> <p>You may not be able to coach away a bad attitude, but you can coach new behaviors.</p>

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Thank you for supporting LOD.