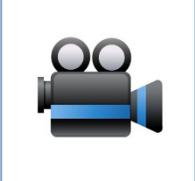
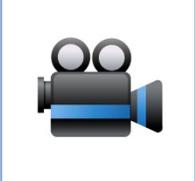


# Leadership Challenge March 2019



**Topic of the Month: Emotional Intelligence March 2019**

We are excited to share the LOD videos as a developmental resource. Share these 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 LOD offerings. Below is a selection of videos to aid in your learning journey.

	<p><b><u><a href="#">Understanding Emotional Intelligence</a></u></b></p> <p style="text-align: right;"><b><i>Video: 2 minutes</i></b></p> <p>Emotional intelligence is the ability to notice an emotional reaction in yourself, understand what's causing it, and then ask for what you need or let it go.</p>
	<p><b><u><a href="#">Emotional Intelligence at Work</a></u></b></p> <p style="text-align: right;"><b><i>Challenge: 15 minutes</i></b></p> <p>When the unexpected happens, how you respond to a frustrating situation can make a significant difference in its outcome. How emotional intelligence competencies can help individuals manage complicated situations at work.</p>
	<p><b><u><a href="#">Tools for Developing Emotional and Social Intelligence</a></u></b></p> <p style="text-align: right;"><b><i>Video: 2 minutes</i></b></p> <p>The higher the social and emotional intelligence, the better equipped the leader can achieve through others, especially as the leader rises through management levels.</p>
	<p><b><u><a href="#">Emotional Intelligence in Effective Leadership</a></u></b></p> <p style="text-align: right;"><b><i>Video: 3 minutes</i></b></p> <p>People can be so emotionally charged about issues near to their heart. This video explains what leaders can do to prepare resistance to change in the work world.</p>

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Thank you for supporting LOD.