

Develop your Emotional Intelligence (EI)

Emotional intelligence (EI) is the ability to identify and manage your own emotions while considering the emotions of others. It generally includes the following three skills:

1. Emotional awareness, which is the ability to identify your own emotions and those of others.
2. The ability to harness emotions and apply them to tasks such as thinking and problem solving.
3. The ability to regulate your own emotions, and the ability to cheer up or calm down another person.



Acquire new skills with e-learning.

LOD provides you with a wide range of flexible learning opportunities so that you can develop your emotional intelligence skills.

Explore these learning resources to gain the insights and skills you need to build strong digital and technology skills.

Leveraging Emotional Intelligence	Course	28 Minutes
Emotional Intelligence at Work	Challenge	15 Minutes
Key Aspects of Emotional Intelligence	Job Aid	2 Minutes
Understanding Emotional Intelligence	Video	2 Minutes

To get started:

- Go to MyOhio.gov
- Sign on with your OH|ID Workforce User ID and Password
- Click on **My Workspace**, then select **Applications** and click **Learning on Demand**.

Please review and adhere to your agency's training and development policies, procedures and guidelines regarding the use of Learning on Demand resources and tools.