

# *It starts with You!*



## LEADING YOURSELF

Organizations frequently face challenges and undergo periods of change. It is critical that all employees can adapt to change and pivot when needed. This will require you to hold yourself accountable and take ownership of your actions and behaviors to support the organization.

Having a strong emotional intelligence can help you navigate difficult situations. It also enables you to maintain control of your emotions and be mindful of others as you work to be an effective employee and build relationships.

### **Using emotional intelligence will help you in the following areas:**

- Identify appropriate self-management techniques to use in an emotionally charged situation
- Recognize when to apply self-management techniques
- Utilize techniques to sustain self-regulation and maintain composure

More information on Leading Yourself and other valuable resources are available to exempt and IT professionals via Learning on Demand.

**Log on to Learning on Demand to get started!**

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