

Leadership Challenge

July 2020

It starts with You!

Leading Your Yourself

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

	<p><u>Understanding Emotional Intelligence</u></p> <p style="text-align: right;">Video: 2 minutes</p> <p><i>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.</i></p>
	<p><u>Emotional Intelligence in Effective Leadership</u></p> <p style="text-align: right;">Video: 3 minutes</p> <p><i>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.</i></p>
	<p><u>Understanding the Science of Emotion</u></p> <p style="text-align: right;">Video: 3 minutes</p> <p><i>Navigating to own your emotions.</i></p>
	<p><u>Emotional Intelligence: Owing Your Emotions</u></p> <p style="text-align: right;">Course: 34 minutes</p> <p><i>Emotions arise within us – through our complex brain circuitry that we sometimes call 'wiring.' No one else is responsible for our emotions – we own them, and we must be aware of them in order to manage them, recognize them in others, and develop relationships. External stimuli may trigger our sensations, reactions, and responses but to be emotionally intelligent you must start 'in here' (inside yourself) and not 'out there.'</i></p>

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Thank you for supporting LOD.