An Insight into Emotional Intelligence

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

**Develop Emotional Intelligence**

Developing emotional intelligence is a matter of building stronger pathways in your brain through practicing emotionally intelligent behaviors.

**Emotional Intelligence in the Workplace**

Recognize why emotional intelligence is important in the workplace.

**Emotional Intelligence Across Cultures**

When the emotional expressions of cultures span great distances, emotional intelligence bridges the gap to effective communication.

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Thank you for supporting LOD.