Emotional intelligence (EI) is the ability to identify and manage your own emotions when interacting with others. EI includes the following three skills, which are the ability to:

- Identify your own emotions and those of others.
- Harness your emotions and apply them to critical thinking and problem solving.
- Manage your emotions, including the ability to regulate your emotions, while impacting the emotions of others (such as to cheer up or calm down another person).

To acquire new skills, explore Learning on Demand. It offers you a wide range of flexible learning opportunities so you can develop valuable skills such as emotional intelligence.

More information on creating and maintaining diverse and inclusive teams and other valuable resources are available via Learning on Demand.

Log on to the Learning on Demand app in myOhio to get started!

For more information contact: Mary Comwell at 614-995-0154 or LearningonDemand@das.ohio.gov.