



## 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



Take advantage of the learning opportunities you can use to develop your emotional intelligence skills to lead yourself.

Explore these learning resources to gain insight and skills you need:

<a href="#">Leveraging Emotional Intelligence</a>	Course	28 Minutes
<a href="#">Emotional Intelligence at Work</a>	Challenge	15 Minutes
<a href="#">Key Aspects of Emotional Intelligence</a>	Job aid	2 Minutes
<a href="#">Understanding Emotional Intelligence</a>	Video	2 Minutes

To get started:

- Go to [myOhio.gov](http://myOhio.gov)
- Sign on with your OH|ID Workforce User ID and password
- Click **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.



Department of  
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