

Build Work Management Skills via LOC Learn

Build Core Competencies via LOC Learn is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Work Management: Emotional Intelligence." Please select a learning resource below:

Online Learning Resource	Resource Type, Duration	Speaker	What you will learn:
Emotional Intelligence	Video, 2:22 minutes	Stewart Levine	Many organizations are hiring more for emotional intelligence than for technical skills. Critical elements of emotional intelligence are self-knowledge, self-awareness, self-regulation, self-motivation, empathy, and interpersonal skills.
Understanding Emotional Intelligence	Video, 2:22 minutes	Marcia Reynolds	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.
Emotional Intelligence: Building Self-management Skills	Course, 31 minutes	N/A	Probably the most essential skill involved in Emotional Intelligence is self-management. It usually rides on the tail of self-awareness...when you notice an emotion. What can happen is that an emotional response takes on a life of its own, gets hijacked, or snowballs into a reaction that is difficult to control. With self-management skills, you nip it in the bud and control the inward interpretations and outward behaviors associated with strong emotions. You not only self-manage in the moment but you begin to regulate how you typically respond to things that push your buttons.
The Problem with Emotional Intelligence	Video, 2:26 minutes	Peter Bregman	Having an understanding and awareness of emotional intelligence is helpful, but to be truly beneficial, we must have the emotional courage to act on that intelligence.
Emotional Intelligence at Work	Course, 15 minutes	N/A	When the unexpected happens, how you respond to a frustrating situation can make a big difference in its outcome. This Challenge Series exercise explores how emotional intelligence competencies can help individuals deal with complicated situations at work. The learner plays the role of a product manager at an electronics manufacturing company.
Becoming an Emotionally Intelligent Leader	Course, 52 minutes	N/A	In this course, you'll learn about emotional intelligence and the common characteristics shared by emotionally intelligent leaders. You will learn about the value of emotions and how they affect working relationships. You will also learn how to develop personal emotional intelligence skills like self-awareness and self-regulation. And you'll explore ways to build relational competencies like social awareness and social skills.

Build Work Management Skills via LOC Learn