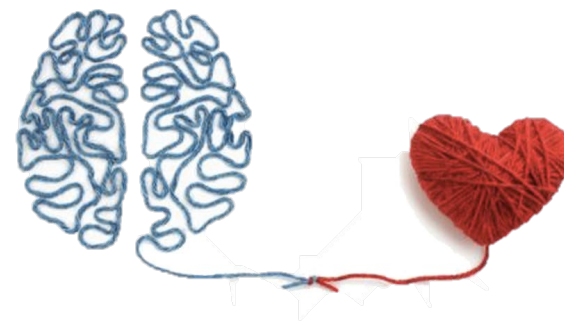


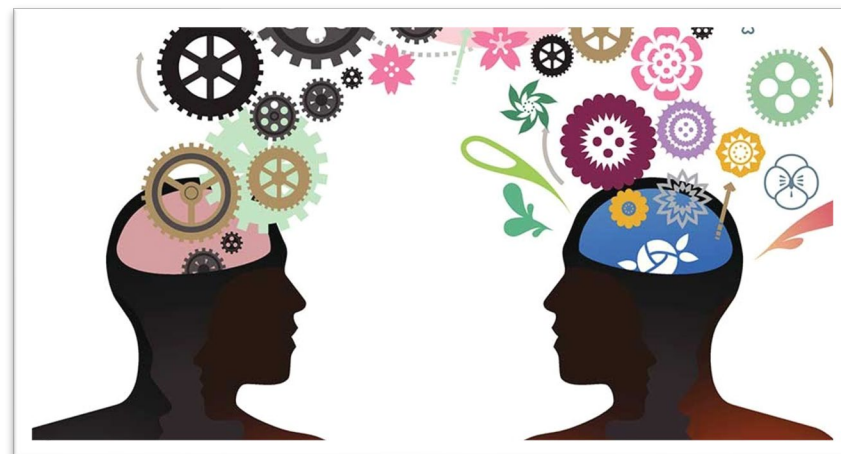


Below provides a compilation of resources for a specific skill, to help you drive your own development, so that you can take charge of your career.



Emotional Intelligence

- **Book:** Emotional Intelligence 2.0, by Travis Bradberry and Jean Greaves
- **Article:** [Improving Emotional Intelligence](#), HelpGuide
- **Article and Video:** [Emotional Intelligence Toolkit](#), HelpGuide
- **Article and Resources:** [How to Improve Emotional Intelligence Through Training](#), PositivePsychology.com
- **YouTube:** [The Power of Emotional Intelligence, Travis Bradberry](#), TEDxUCIrvine



Personal Competence

Self-Awareness

- **Article:** [How to become self-aware](#), reachout.com
- **YouTube:** [Increase your self-awareness with one simple fix](#), Tasha Eurich, TEDxMileHigh

Self-Management

- **Article and Video:** [Self-Management Skills: Definition and Examples](#), Indeed Career Guide
- **Article:** [Why Emotional Self-Control Matters](#), Mindful.org
- **YouTube:** [Adaptability in the Workplace](#), KnowledgeAccess
- **Article:** [The Advantages of the Achievement-Oriented Leadership Style](#)
- **Article:** [Benefits of Thinking Positively](#), and How to Do It, healthline.com

Social Competence

Social Awareness

- **YouTube:** [Emotional Intelligence and Social Awareness](#)
- **Article:** [The Importance of Empathy in the Workplace](#)
- **Article:** [How to Get Things Done: Raise Your Organizational Awareness](#), Kate Leto, Mind the Product

Relationship Management

- **Article:** [Relationship Management Strategies](#)
- **Article:** [Master the 3 Ways to Influence People](#), Center for Creative Leadership
- **Article:** [4 Keys to Strengthen Your Ability to Influence Others](#), Center for Creative Leadership
- **Article:** [6 Qualities That Make a Great Team Player](#), indeed.com
- **Article:** [Emotional Intelligence and Interpersonal Conflict](#), Universal Class
- **Article:** [7 Tips for Leading Your Peers](#), The John Maxwell Company
- **YouTube:** [How To Be a Leader](#), Simon Sinek
- **YouTube:** [Key Steps to Being an Inspirational Leader](#), Timothy Kight
- **Article:** [NextGen Know-How: Creating a Feedback-Rich Environment](#), Laurie Maddalena

EMOTIONAL INTELLIGENCE

To be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

For the Leader to Provide Support

Team building and individual activities to help provide contextual support to these new development behaviors in a structured environment so that you can support your associates through their development goals.

- [13 Emotional Intelligence Activities & Exercises](#)
- [Feedback: Current Strongest Impression](#)
- [Whose adjective is it anyway?](#)

On-the-job Activities

- Practice concern for others:
 - Make yourself available and allow time to listen to others' concerns
 - Ask yourself, how can I do something special for someone else today
 - Put yourself in the other persons view point to better understand and see their concerns