

ULearnIT Featured Resource

Navigating Your Own Emotions

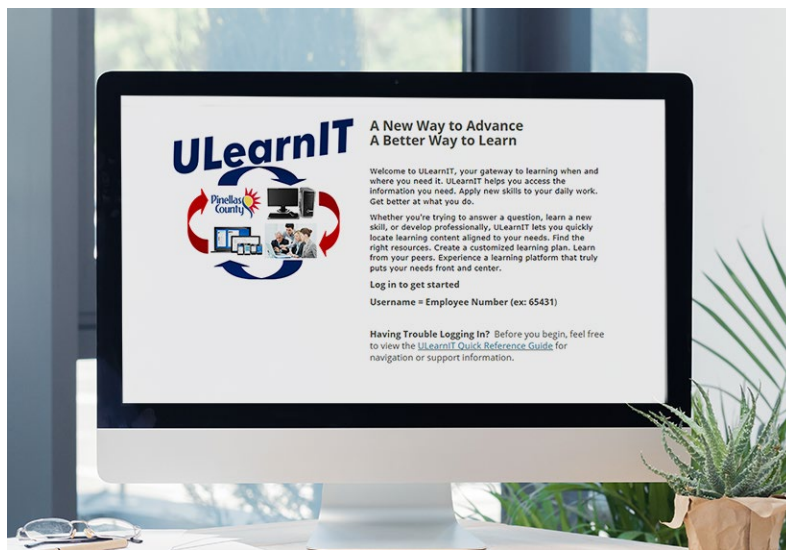
In the workplace, emotions can often run high; sometimes they can cause you to say or do things that you may later regret. But the only person responsible for your emotions is you; you own them. That's why developing emotional intelligence is so crucial in protecting your professional reputation.

In this course, you'll learn how to manage your emotional IQ, or EQ, in order to handle difficult situations more effectively. You'll explore the science behind emotion, self-management techniques, as well as methods for recovering from emotional hijackings. You'll also learn different strategies for building emotional intelligence, such as taking ownership of your emotions, becoming emotionally self-aware, and identifying emotions.

29 minutes

[Link to the Featured Resource](#)

Click the link, log into ULearnIT, and you will go directly to the featured resource.



Log in to ULearnIT at <http://ULearnIT.skillport.com>

User Name = **Employee ID Number**

First login password = **Welcome1**

Human Resources
Helping U Succeed

5/06/20