

ULearnIT Featured Resource

Navigating the Workplace with Emotional Intelligence

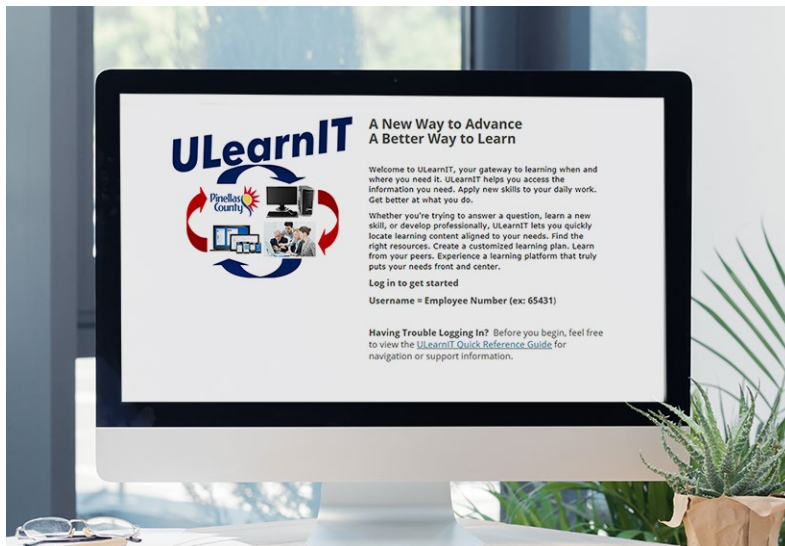
Any organization, regardless of its size, industry or location, is made up of people – people who interact daily, and not always without incident. Developing emotional intelligence within the organization is a key factor in ensuring that these relationships run smoothly. This is especially true of leaders, who must provide an example of how to behave in group settings.

In this course, you'll learn how building emotional intelligence, or EQ, can improve team or group interactions. You'll also explore the role of emotional IQ in workplace activities, conflict and stress management, as well as employee influence and engagement.

26 minutes

[Link to the Featured Resource](#)

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5/26/20