

JANUARY

learning opportunities calendar



LEAD SELF

This month is all about emphasizing the importance of self-awareness and its impact on relating to others.

✉ Email tmhelpdesk@oa.mo.gov with questions

WEEK 1: JANUARY 3-7

[Article: 11 Questions Self-Aware Leaders Ask Themselves - 15m](#)

[Video: The Power of Self-Awareness - 23m](#)

[Video: Introduction to Feedback and Assessment Tools - 23m](#)

[Article: Emotional intelligence in the workplace: Why it matters and how to build it - 15m](#)

WEEK 2: JANUARY 10-14

[Video: How to Use DISC - 9m](#)

[Video: Introduction to DISC - 9m](#)

[Activity: Free DISC Assessment - 15m](#)

[Video: Overview of DISC Categories - 15m](#)

WEEK 3: JANUARY 17-21



[Lead Self ENGAGE topics](#)

[Video: Understanding Biases and How to Manage Them - 15m](#)

[Podcast: How to Beat Your Hidden Biases - 35m](#)

[Article: List of Common Cognitive Biases- 15m](#)

WEEK 4: JANUARY 24-28

[Article and activity: The Johari Window- Increase Self-Awareness and Team Awareness - 20m](#)

[Video: Introduction to the Johari Window and the Power of Conversation - 18m](#)

[Live presentation - Register here!](#)
featuring Aaron Dimmock
Lead Self - New Year, New You January 27, 10am 1hr

[Article: The Johari Window Model - How to Become a Great Communicator - 15m](#)

Don't forget to log anything outside of MO Learning in the Team Member Training Portal in ESS.
Need help logging your time? Watch this [MO Learning video](#) to learn more!

 *supervising leader*

 *all leaders*

 *non-supervising leader*