

# AUGUST 2025

## LEARNING OPPORTUNITIES CALENDAR



### EMOTIONAL INTELLIGENCE

Increase your knowledge on how to recognize and understand your own emotions, as well as those of others, in the workplace.

#### SUPERVISING LEADERS

#### ALL LEADERS

#### NON-SUPERVISING LEADERS

### WEEK 1: AUGUST 1 - 8



Article - 5 min

How to Develop Emotional Intelligence Skills



Article - 4 min

The Importance of Emotional Intelligence at Work



Article - 4 min

Five Ways to Improve Your Workplace Emotional Intelligence

### WEEK 2: AUGUST 11- 15



Article - 5 min

Why Emotional Intelligence in Leadership is Crucial



Video - 12 min

Emotional Intelligence: The #1 Ability for Leaders



Video - 3 min

Developing Emotional Intelligence

### WEEK 3: AUGUST 18 - 22



Video - 10 min

Developing Emotional Intelligence as a Leader



Video - 5 min

What is Emotional Intelligence and How Can You Develop It?



Article - 4 min

Improving Emotional Intelligence (EQ)

### WEEK 4: AUGUST 25 - 29



Article - 5 min

Emotional Intelligence in Leadership: Why It's Important



Live Event - 1 hour

Statewide Speaker Series  
Click here to register  
(When registering, click Company Single Sign-On to sign in to your MOVERS Learn account)



Video - 8 min

Why Emotional Intelligence is the Key to Success in Your Life

Any learning done outside of MO Learning needs to be logged in the Team Member Training Portal in [ESS](#). Need help entering training? Watch this [MO Learning video](#) to learn more!

Questions? Email [tmhelpdesk@oa.mo.gov](mailto:tmhelpdesk@oa.mo.gov)

