

Thrive at Work with Emotional Agility

GoSkills online course syllabus

Skill level	Lessons	Pre-requisites
Beginner	10	No prior experience needed
Video duration	Estimated study time	Instructor
22m	22m 30s	Emily Goodson

Introduction

- 1 Boost workplace performance with emotional agility**
Emotional agility empowers individuals to approach challenges with intentionality rather than impulsive reactions.

Unpack the Role of Emotional Agility in the Workplace

- 2 Define emotional agility**
Emotional agility involves being flexible with your thoughts and feelings, allowing you to adapt to changing circumstances.
- 3 Examine the impact of emotional agility**
Emotional agility allows you to navigate workplace challenges with resilience, leading to improved performance and well-being.

Strengthen Your Emotional Agility Skills

- 4 Develop self-awareness to manage your emotions**
Understanding your emotional triggers is essential to managing reactions and making thoughtful choices under pressure.
- 5 Accept and regulate emotions for greater resilience**
Resilience begins with acknowledging and accepting your emotions without judgment.
- 6 Align your actions with your core values**
Connecting with your personal motivation and core values ensures your actions at work are both authentic and enduring, even in challenging situations.
- 7 Use discomfort as a tool for growth**
Discomfort is often a sign of growth, and embracing it can transform challenges into learning experiences.

Apply More Emotional Agility with Others

8

Nurture emotional agility through listening and space

Learning to become a more present listener with others is essential.

9

Embrace feedback and adapt through reflection

Regular reflection helps you assess progress and fine-tune your emotional agility strategies to adapt to new challenges.

Conclusion

10

Achieve career success with emotional agility

Thank you for watching this course!

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