

Recommended Resources

Four ways to put this week's skill into practice — pick the format that fits your schedule.



READ • BOOKS

[Emotional Intelligence 2.0](#)

by Bradberry & Greaves · ~4 hr read

[What Got You Here Won't Get You There](#)

by Marshall Goldsmith · ~5 hr read



LEARN • LINKEDIN

[Building Self-Awareness and Emotional Regulation](#)

4:51 min watch

[Empathy at Work](#)

54 min watch



ARTICLES • READ

[From Emotional Triggers to Values-Based Leadership](#)

Harvard Business Publishing · 8 min read

[What Great Leaders Do Differently](#)

Stanford GSB Executive Education · 6 min read



WATCH • VIDEOS

[How Emotional Intelligence Makes Leaders More Impactful](#)

TED · Gemma Garcia Godall · ~12 min watch

[Lead Successfully with Emotional Intelligence](#)

TED Talk · ~15 min watch

WELLSTAR RESOURCES Wellness & Work Life Resources

Wellness Consultants • SpringHealth (EAP) • [wellstarconcierge.com](#) • Headspace • Sharecare
Leader Fundamentals: [Leading Change](#) • [Intro to Emotional Intelligence](#) • [leadershipwellstar.com](#) • [employeeewellness@wellstar.org](#)