



# Manager Alumni Follow Up

## Module 1 - Scenic Route 2



- **How Emotional Intelligence can help during Coronavirus**
  - Tips to take control and manage our reactions in this difficult time:
  - <https://bit.ly/2UO8f5W>
- **Parenting: The Situational Approach**
  - This article walks you through examples of how to use Situational Leadership with your family
  - <https://bit.ly/2JM780a>
- **Managing our Circle of Influence and Circle of Concern**
  - Our circle of influence is important to the quality of life we lead and the relationships we build
  - Focus on what you can control rather than what you cannot
  - <https://lawsonblake.com/circle-of-influence/>
- **The art of listening**
  - Listening is a skill; active listening is an art
  - To be an effective listener we need to put our thoughts and opinions aside; learn some ways to do this
  - <https://bit.ly/3a8EJw3>