MCCC October – Individual Contributor

Learn a new skill, complete your pathways and unleash your potential. Discover new lessons every day which can be completed in around 3-7 minutes.

Tuesday	Wednesday	Thursday	Friday
			Get ready to immerse yourse the MEGA Core Competen Challenge – this month's to Working Together
3 <u>Dealing with Stressful Situations</u> (2m 44s) All videos this week are from the course "Developing Your Emotional Intelligence"	4 <u>Developing Social Awareness</u> (2m 19s) Check your LinkedIn Learning pathway to see the entire course and activities	5 Activity: Set time in your diary to take a sensory audit walk. Post what you saw, heard, felt and smelled in the quiz at the end of the month	6 <u>Fifty Tips for Improving You</u> <u>Emotional Intelligence</u> (5m 21s) Read this article to find useful tips enhancing your emotional intellige
10 Activity: Have you discovered your engagement style? Post it in the quiz at the end of the month	11 <u>Foster Psychological Safety</u> (2m 20s) All videos this week are from the course "Teamwork Essentials: Stand Out as a Valuable Team Member"	12 <u>5 Tips for Effective Collaboration at</u> <u>Work</u> (3m 41s) Read this article to quickly improve your collaboration at work	13 <u>Capitalize on Collaboration</u> <u>Team Building</u> (2m 52s) Check your LinkedIn Learning pathw see the entire course and activiti
17 <u>Your Role in Building Inclusive</u> <u>Workplaces</u> (2m 02s) Al videos this week are from the course "Develop Interpersonal Skills for Inclusive Workplaces"	18 <u>Tips for Creating an Inclusive Culture</u> (3m 53s) Read this article that explores practical ways to foster an inclusive culture	19 Reflection: What were your key takeaways from the October's MEGA Core Competencies Challenge?	20 <u>Test Your Knowledge</u> <u>Click to Complete the Octo</u> <u>MEGA Challenge Quiz</u> (5m 45s)
	 ³ Dealing with Stressful Situations (2m 44s) ¹⁰ All videos this week are from the course "Developing Your Emotional Intelligence" ¹⁰ Activity: Have you discovered your engagement style? Post it in the quiz at the end of the month ¹⁷ Your Role in Building Inclusive Workplaces (2m 02s) ¹⁸ All videos this week are from the course "Develop Interpersonal Skills for Inclusive" 	3 4 Dealing with Stressful Situations (2m 44s) Developing Social Awareness (2m 19s) All videos this week are from the course "Developing Your Emotional Intelligence" Check your LinkedIn Learning pathway to see the entire course and activities 10 11 Have you discovered your engagement style? Post it in the quiz at the end of the month 11 17 Your Role in Building Inclusive Workplaces (2m 02s) 18 Tips for Creating an Inclusive Culture (3m 53s) All videos this week are from the course "Develop Interpersonal Skills for Inclusive To toster an inclusive culture	3 4 Developing Social Awareness (2m 44s) 5 Activity: Set time in your diary to take a score work of the end of the month 10 11 Exster Psychological Social Awareness (2m 19s) 5 Activity: Set time in your diary to take a score youd walk. Post what you saw, heard, felt and smelled in the quiz at the end of the month 10 11 Exster Psychological Society (2m 20s) 12 14 Exster Psychological Society (2m 20s) 14 14 Exster Psychological Society (2m 20s) 12 15 Tips for Effective Collaboration of Valuable feam Member" 12 17 Your Role in Building Inclusive Workplaces (2m 02s) 18 11 17 18 Tips for Creating an Inclusive Culture (3m 53s) 19 18 Tips for Creating an Inclusive Culture (3m 53s) 19 What were you rkey takeaways from the October's MEGA Core Competencies Challenge?







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 WEEK 1's Topic: EMOTIONAL INTELLIGENCE What is Emotional Intelligence (EQ)? (2m 47s) Understanding Your Personal EQ (3m 03s) 	3 <u>Dealing with Stressful Situations</u> (2m 44s) All videos this week are from the course "Developing Your Emotional Intelligence"	4 <u>Developing Social Awareness</u> (2m 19s) Check your LinkedIn Learning pathway to see the entire course and activities	5 Activity: Set time in your diary to take a sensory audit walk. Post what you saw, heard, felt and smelled in the quiz at the end of the month	6 <u>Fifty Tips for Improving You</u> <u>Emotional Intelligence</u> (5m 21s) Read this article to find useful tips enhancing your emotional intellige
9 WEEK 2's Topic: EAAMWORK/COLLABORATION Top Teams Excel through Collaboration (1m 13s) Three Types of Teamwork (2m 23s)	10 Activity: What type of teamwork do you and those who report to you engage in? Post it in the quiz at the end of the month	11 <u>Psychological Safety Within the</u> <u>Team</u> (2m 29s) All videos this week are from the course "Increasing Collaboration on Your Team"	12 <u>Psychological Safety With the</u> <u>Leader</u> (2m 26s) Check your LinkedIn Learning pathway to see the entire course and activities	13 <u>5 Phrases that Kill Collaborat</u> (3m 41s) Read this article to see five phrases should be avoided so that collaborati hindered
 WEEK 3's Topic: INCLUSIVITY Importance of Inclusion (2m 14s) Your Role as a Manager (2m 49s) 	17 <u>Ditch the Double Standard</u> (3m 20s) All videos this week are from the course "A Manager's Guide to Inclusive Teams"	18 <u>Tips for Creating an Inclusive Culture</u> (3m 53s) Read this article that explores practical ways to foster an inclusive culture	19 Reflection: What were your key takeaways from the October's MEGA Core Competencies Challenge?	20 Test Your Knowledge <u>Click to Complete the Octo</u> <u>MEGA Challenge Quiz</u> (5m 45s)







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 9 WEEK 2's Topic: TEAMWORK/COLLABORATION <u>Top Teams Excel through</u> <u>Collaboration</u> (1m 13s) <u>Three Types of Teamwork</u> (2m 23s) 16 WEEK 3's Topic: INCLUSIVITY 	10 Activity: What type of teamwork do you and those who report to you engage in? Post it in the quiz at the end of the month	11 <u>Psychological Safety Within the</u> <u>Team</u> (2m 29s) All videos this week are from the course "Increasing Collaboration on Your Team"	12 <u>Psychological Safety With the</u> <u>Leader</u> (2m 26s) Check your LinkedIn Learning pathway to see the entire course and activities	13 <u>5 Phrases that Kill Collaboration</u> (3m 41s) Read this article to see five phrases should be avoided so that collaboration hindered
<u>Inclusive Leadership</u> (2m 4s) <u>The Business Case for Inclusive</u> <u>Leadership</u> (4m 30s)	<u>Key Traits of Inclusive Leadership:</u> <u>The Six Cs</u> (4m 52s) All videos this week are from the course "Inclusive Leadership"	Tips for Creating an Inclusive Culture (3m 53s) Read this article that explores practical ways to foster an inclusive culture	Reflection: What were your key takeaways from the October's MEGA Core Competencies Challenge?	Test Your Knowledge <u>Click to Complete the Octo</u> <u>MEGA Challenge Quiz</u> (5m 45s)



