

Build the right soft skills for today and tomorrow.

Learn the professional skills needed to better relate to the people around you and move your career forward. Don't worry if you miss a day — you can always catch up tomorrow.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Embracing your growth mindset (3m 52s) | Thinking with others (2m 55s) | The fundamentals of a good conversation (3m 12s) | The intermediates of a good conversation (2m 38s) | Pop quiz: Why is it important to keep working on conversation skills? |
| Emotional intelligence 101 (3m 20s) | Personal improvement (4m 20s) | Pop quiz: What are the five aspects of emotional intelligence? | The four E's: engage, educate, execute, evaluate (1m 50s) | Simple problem-solving models (3m 11s) |
| Storytelling in presentations (1m 02s) | Keeping your presentation engaging (2m 04s) | Pop quiz: What are some ways you can make your presentations more impactful? | The benefits of positive power (2m 36s) | Activity: Brainstorm some ways you can lead others with positive power. |
| Setting up a routine (2m 32s) | Using the SPIRIT model (3m 19s) | Activity: Identify three of your career goals using the SPIRIT model. | Building for continuous change (3m 03s) | Thriving in uncertainty (3m 40s) |