

## February LinkedIn Learning Challenge

Throughout February we are running a LinkedIn Learning Challenge, so why not take part? It's quick, it's fun, and it helps with professional development. So how does it work? Spend a few minutes each weekday watching training videos that will help you as a doctoral researcher and beyond. To learn more, watch the entire course and other suggested videos.

<b>1</b> Self-Discipline <a href="#">Video</a>	<b>2</b> Unexpected Change <a href="#">Video</a>	<b>3</b> Performing under Pressure <a href="#">Video</a>	<b>4</b> Imposter Syndrome <a href="#">Video</a>	<b>5</b> Confidence <a href="#">Video</a>
<b>8</b> Speaking Confidently <a href="#">Video</a>	<b>9</b> Problem Solving <a href="#">Video</a>	<b>10</b> Emotional Intelligence <a href="#">Video</a>	<b>11</b> Assertiveness <a href="#">Video</a>	<b>12</b> Resilience <a href="#">Video</a>
<b>15</b> How to Stand Out <a href="#">Video</a>	<b>16</b> Dealing with Criticism <a href="#">Video</a>	<b>17</b> Productivity <a href="#">Video</a>	<b>18</b> First Impressions <a href="#">Video</a>	<b>19</b> Decision-Making <a href="#">Video</a>
<b>22</b> Networking <a href="#">Video</a>	<b>23</b> Perfectionism <a href="#">Video</a>	<b>24</b> Success Mindset <a href="#">Video</a>	<b>25</b> Presenting Up <a href="#">Video</a>	<b>26</b> Career Planning <a href="#">Video</a>

For more details of each video and which course they are a part of, see the list below. Please note, clicking on the course links below may take you to where you were last in the course, so you may need to go to the contents and click on the first video to start from the beginning.

If you would like to revisit a course at a later date, you can click on the below icon at the top right of the video and the course will be added to your "Saved" folder in "My Learning".



1. "[Seven ways to increase self-discipline](#)" (4 mins 12 seconds) part of the "[Success Habits](#)" course (3 hours 18 mins)
2. "[Creating perspective](#)" (3 mins 14 seconds) part of the "[Embracing Unexpected Change](#)" course (14 mins)
3. "[Right before the moment](#)" (4 mins 47 seconds) part of the "[Performing under Pressure](#)" course (56 mins)
4. "[What kind of imposter are you?](#)" (3 mins 25 seconds) part of the "[Overcoming Imposter Syndrome](#)" course (32 mins)

5. "[Projecting confidence](#)" (3 mins 36 seconds) part of the "[Projecting Intelligence](#)" course (29 mins)
8. "[Improvement techniques](#)" (4 mins 16 seconds) part of the "[Boosting your Confidence, Public Speaking and Performance](#)" course (24 mins)
9. "[What's causing the problem](#)" (3 mins 38 seconds) part of the "[Problem Solving Techniques](#)" course (1 hour 32 mins)
10. "[What is emotional intelligence?](#)" (4 mins 52 seconds) part of the "[Developing Your Emotional Intelligence](#)" course (1 hour 8 mins)
11. "[Four steps for becoming assertive](#)" (7 mins 7 seconds) part of the "[Life Mastery: Achieving Happiness and Success](#)" course (2 hours 49 mins)
12. "[How resilient are you?](#)" (3 mins 7 seconds) part of the "[Building Resilience](#)" course (34 mins)
15. "[Develop your edge](#)" (4 mins 17 seconds) part of the "[Developing your Professional Image](#)" course (56 mins)
16. "[When you're criticized](#)" (4 mins 33 seconds) part of the "[Communication Foundations](#)" course (1 hour 22 mins)
17. "[Increase your productivity by being yourself](#)" (2 mins 56 seconds) part of the "[Personal Effectiveness Tips](#)" course (2 hours 28 mins)
18. "[How to master your presence](#)" (3 mins 21 seconds) part of the "[Creating Great First Impressions](#)" course (27 mins)
19. "[Making better decisions](#)" (2 mins 58 seconds) part of the "[Cultivating Mental Agility](#)" course (36 mins)
22. "[Connect with industry peers](#)" (5 mins 46 seconds) part of the "[Digital Networking Strategies](#)" course (40 mins)
23. "[When perfectionism causes problems](#)" (3 mins 48 seconds) part of the "[Managing Anxiety in the Workplace](#)" course (1 hour 9 mins)
24. "[How to develop a success mindset](#)" (4 mins 9 seconds) part of the "[Success Habits](#)" course (3 hours 18 mins)
25. "[When you are presenting up](#)" (5 mins 29 seconds) part of the "[Communication Foundations](#)" course (1 hour 22 mins)
26. "[Create your career plan](#)" (6 mins 27 secs) part of the "[How to Develop your Career Plan](#)" course (24 mins)

Also visit the LinkedIn Learning at Southampton page for further trainings that may be more specific to your programme: <https://sotonac.sharepoint.com/teams/LinkedInLearningatSouthampton>