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Cornell Class of 2004
Leadership Lunch and Learn: Ignite Your Inner Leader, March 15, 2016
Molly Tschang – Resource List

I compiled the below with an eye on practical/real world application – suggest starting with those that I noted with an asterisk (*)

On Emotion / Relating

- *Brené Brown <http://brenebrown.com/>
 - empathy vs. sympathy: <http://www.karmatube.org/videos.php?id=4646>
 - power of vulnerability: http://www.ted.com/talks/brene_brown_on_vulnerability
 - listening to shame: http://www.ted.com/talks/brene_brown_listening_to_shame
- *The Seven Principles of Making Marriage Work, John M. Gottman (any relationship)
- Re: Emotional Intelligence – reference Daniel Goleman’s career of work...
- Reading the Mind in the Eyes Test (broadly considered a test for empathy)
- *Crucial Conversations by Patterson, Grenny, McMillan, Switzler (many “how to” examples)

On High-performing Teams:

***Video and Short Reads**

- Margaret Heffernan TED Talk: Why it’s time to forget the pecking order at work (hilarious)
https://www.ted.com/talks/margaret_heffernan_why_it_s_time_to_forget_the_pecking_order_at_work?language=en
- Relationship Systems Intelligence & whitepaper
<http://www.crrglobal.com/relationship-systems-intelligence.html>
- Building Smarter Teams: Thomas Malone, Founding Director – MIT Center for Collective Intelligence. <http://www.strategy-business.com/article/00257?gko=94468>
- The New Science of Building Great Teams: Alex (Sandy) Pentland – MIT Media Lab
<https://hbr.org/2012/04/the-new-science-of-building-great-teams>
- What Google Learned From Its Quest to Build the Perfect Team (NYT Magazine)
http://www.nytimes.com/2016/02/28/magazine/what-google-learned-from-its-quest-to-build-the-perfect-team.html?_r=0



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Motivational True Stories (Books)

- Endurance – Shackleton’s Incredible Voyage by Alfred Lansing, and In the Heart of the Sea by Nathaniel Philbrick – contrasting leadership styles resulted in dramatically different outcomes
- Extreme Ownership: How U.S. Navy SEALs Lead and Win by Jocko Willink & Leif Babin (I haven’t yet read the book, but thought it might resonate for many of you)
 - https://youtu.be/_dYpYcbSkas
 - H2 (Sunday nights) "Live to Tell" SE1, Episode1:
<http://www.history.com/shows/live-to-tell/season-1/episode-1>
(search S1 E1 Charlie Platoon, war documentary of Lief and Jacko)

On Career Change (Self-awareness):

- Johnson O’Connor Research Foundation – Aptitude Testing (more likely to succeed when doing work around your aptitudes; engaging in non-work activities that serve your aptitudes helps you feel more fulfilled). I did the assessment in my early 30’s and it was *very* impactful/helpful.
- In Transition by Mary Burke (nice guide/framework to plot out “what’s next”...)

*On Groundedness (Self-awareness):

NOTE – Yoga/Meditation is a personal journey. My intention with the below is to provide “intro” materials, not to endorse or suggest these are the “best or right”. Yoga was transforming for me, and I’m happy to chat live if you have any questions!

- What is meditation – 60 sec reads:
 - <http://www.healthandyoga.com/html/meditation.aspx>
 - <https://yogainternational.com/article/view/the-real-meaning-of-meditation>
- Types of Meditation & Affect on the Brain:
<http://mentalhealthdaily.com/2015/03/24/types-of-meditation-extensive-list-of-techniques/>
<http://mentalhealthdaily.com/2015/02/24/how-different-types-of-meditation-affect-the-brain/>
- Learn more & some guided mindfulness meditations:
 - <http://theartofmeditation.org> (Burgs) – nice stillness meditation:
<http://theartofmeditation.org/meditation-podcast/>
 - <http://www.mindfulnesscds.com/> (Jon-Kabat Zinn)
 - <http://www.soundstrue.com/store/about-us/our-vision>
(partner w/ Eckhart Tolle; if join mailing list, can download some guided meditations)



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- My favorite books on Yoga (note: a ‘purpose’ of yoga is to prepare for meditation; of course strength, balance, flexibility, calmness & feeling great are benefits too ☺):
 - In Sanskrit – Yoga means “union”, as in union of mind, body, spirit
 - Health, Healing and Beyond by T.K.V. Desikachar with R.H. Cravens
 - The Heart of Yoga by T.K.V. Desikachar
 - Yoga – The Spirit and Practice of Moving Into Stillness by Erich Schiffman

Lastly, a plug for Seth Godin’s blog – a pithy (usually) daily post that I’ve found useful, whether a new insight or welcome reminder. E.g.,:

http://sethgodin.typepad.com/seths_blog/2016/03/give-up-and-go-up-goals.html

http://sethgodin.typepad.com/seths_blog/2016/03/freedom-and-responsibility.html

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