



Resiliency in 2021

The Key Leadership Guide to Renewing, Re-Energizing, and Moving Forward

ARTICLES

VUCA (Volatility, Uncertainty, Complexity and Ambiguity)

[The Biden-Harris Administration Immediate Priorities](#)
[Thriving USA Initiative: Overview](#)

Diversity & Inclusion

[How Diversity Makes a Team More Innovative](#)
[The John Maxwell Leadership Podcast: Earning Trust Series](#)

Managing in a Virtual World

[A Prescription for Virtual Training Success](#)
[Weighing the Hidden Costs and Benefits of WFH](#)
[Daily Good: 16 Teachings from COVID-19](#)

VIDEOS/WEBINARS

[Michael Jordan "Failure" Nike Commercial](#)
[Weathering the Storm of Covid 19 April 6 2020](#)
[Famous Failures](#)

MISCELLANEOUS, APP, & FUN

[Leadership Freak Blog](#)





Breathing, Meditation Yoga, & Mindfulness

[Key Mindfulness Mondays Podcast Series with Dr. Ruth Zaplin](#)
[Enter Wellness Coaching](#)

Subject Matter Experts

[Dr. Rick Hanson - Psychologist, Senior Fellow of UC Berkeley Greater Good Science Center](#)
[Dr. Kirstin Ferguson - Leader, Speaker, Writer, Advisor](#)

Books

[Leading with Love and Laughter, Zina Sutch and Patrick Malone](#)

[Dropping the Mask: Connecting Leadership to Identity, Daphne Jefferson](#)

[Language and the Pursuit of Leadership Excellence, Chalmers Brothers and Vinay Kumar](#)

[Commandant of the Marine Corps 2020 Professional Reading Program - Book List](#)

[Long Walk to Freedom, Nelson Mandela](#)

[Just One Thing: Developing a Buddha Brain One Simple Practice at a Time, Rick Hanson, Ph.D.](#)

[The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal, Jim Loehr and Tony Schwartz](#)

[Quiet: The Power of Introverts in a World That Can't Stop Talking, Susan Cain](#)

[The Right Questions, Debbie Ford](#)

[The Story Factor, Annette Simmons](#)

[Your Oxygen Mask First, Kevin Lawrence](#)

[Leadership in a Time of Crisis, Marshall Goldsmith & Scott Osman](#)

[Leadership Presence, Belle Linda Halpern & Kathy Lubar](#)

[Ego is the Enemy, Ryan Holiday](#)

[The Obstacle is The Way: The Timeless Art of Turning Trials into Triumph, Ryan Holiday](#)

[Leading with Emotional Courage, Peter Bregman](#)

[The Dip, Seth Godin](#)

[Helping People Change, Richard Boyatzis](#)

[Conversational Intelligence, Judith Glaser](#)

[Silenced and Sidelined, Carrie Lynn Arnold](#)

[Quiet Leadership, David Rock](#)

[Unlocking Leadership Mindtraps, Jennifer Garvey Berger](#)





ARTICLES

VUCA (Volatility, Uncertainty, Complexity and Ambiguity)

["Creating Certainty in Uncertain Times" \(Angelo Ioffreda\)](#)

["Managing in the Age of Corona Creating Certainty in Uncertain Times" \(Angelo Ioffreda\)](#)

["Navigating Through Turbulent Times" \(Sandra Donati\)](#)

COVID-19 Resources

["CDC Covid Link and Resources"](#)

["Managing in the Age of Corona"](#)

["Leadership in a Crisis: Responding to the Coronavirus Outbreak and Future Challenges"](#)

["4 Behaviors That Help Leaders Manage a Crisis"](#)

["We Need Great Leadership Now, and Here's What It Looks Like"](#)

["Your Employee Tested Positive for Covid-19. What Do You Do?"](#)

Productivity & Innovation

["The Restorative Power of Ritual"](#)

["How Anyone Can Become More Innovative"](#)

["What Followers Need from Leaders"](#)

["Your Productivity Doesn't Determine Your Worth."](#)

Emotional Intelligence

["Holstee's Compassion Guide: Exploring the Art and Science of Compassion" \(PDF\)](#)

["The 7 Emotional Stages You Will Go Through As We Enter a Lockdown"](#)

["How to Say No to Things You Want to Do"](#)

["That Discomfort You're Feeling Is Grief"](#)

["Anxiety is Contagious, Here is How to Contain It" \(Positive Mental Health\)](#)

["Coping with Fatigue, Fear, and Panic During a Crisis" \(Positive Mental Health\)](#)

["A Simple Way to Stay Grounded in Stressful Moments" \(Managing Stress\)](#)

["Are You Leading Through the Crisis or Managing the Response?" \(Leading Through a Crisis\)](#)





Diversity & Inclusion

[New Study Reveals That Diversity and Inclusion May Be the Key to Beating the Next Recession](#)
[LGBTQ Employees and the COVID-19 Pandemic](#)
[The Coronavirus Is No Excuse for Casual Racism](#)
[Speaking Up Against Racism Around the New Coronavirus](#)
[How to Stop the Spread of Racism During the COVID-19 Coronavirus Outbreak](#)

Managing in a Virtual World

[5 Tips for Converting Face-to-face Training to Virtual Training](#)
[Tips For Communicating When Working Remotely](#)
["Managing a Remote Workforce" \(Webcast\)](#)
[Video and Resources on Fostering Connection when Leading Remotely](#)
["How to Be Productive Working From Home"](#)
[Challenges to Managing Virtual Teams and How to Overcome Them](#)
[Leading Remote Teams Effectively Webinar Recording](#)

VIDEOS/WEBINARS

["The Power of Now"](#)
["The Ideal Team Player"](#)
[Robert Kegan: "The Transformative Potentials in Our Current Crisis"](#)
[Scott Eblin: "Resilience and Leadership"](#)
[Brene Brown: "Unlocking Us"](#)
[Compassionate and Connecting Conversations Series Zoom Calls](#)

MISCELLANEOUS, APP, & FUN

[Watch: Quarantined Italians Are Singing Their Hearts Out. It's beautiful.](#)
["Flatten The Curve" Coronavirus Song](#)
["I Gotta Wash My Hands" Song](#)
[What the World Needs Now](#)





Cooking Ideas

[15 Minute Recipes](#)

[15 Minute Vegan Meals](#)

[77 Meals in 30 Minutes or Less](#)

Breathing, Meditation Yoga, & Mindfulness

[Key Mindfulness Mondays Podcast Series with Dr. Ruth Zaplin](#)

[3.5 min. meditation for stress and anxiety](#)

[5.5 min. seated or standing breathing exercise for relaxation](#)

[2.5 min. seated yoga](#)

[4 mins. Chair Yoga - 6 movements of the spine](#)

Apps for Sleep, Stress, and Meditation

[Calm](#)

[Headspace](#)

[Insight Timer](#)

["Calm Also Has a Coefficient"](#)

[Mindset Mastery During A Pandemic - How To Be The Calm In The Chaos](#)

[Kristin Neff: "Self Compassion"](#)

[Greater Good Magazine](#)

[The Energy Project \(PeopleFuel efforts\)](#)

[Ten Percent Happier](#)

[On Being: A Listening Care Package for Uncertain Times](#)

[16 Teachings from COVID-19](#)

[Resources for Clinicians, Staff, and Managers: Mindfulness and Mental Health](#)

TED Talks

[Playlist: Talks to Help You Manage Stress](#)

[Playlist: Talks for When You're Having an Existential Crisis](#)

[Playlist: How to Talk About Your Feelings](#)

[Olivia Remes: How to Cope with Anxiety](#)





Books

[*Stopping: How to be Still When You Have to Keep Going* - David Kundtz](#)

[*Humble Inquiry* | Chapter 1 - Edgar Schein](#)

[*Getting to Yes: Negotiating Agreement Without Giving In* - Roger Fisher, William L. Ury and Bruce Patton](#)

[*Smile at Fear: A Retreat with Pema Chödrön on Discovering Your Radiant Self-Confidence* - Pema Chödrön & Carolyn Rose Gimian](#)

[*Man's Search for Meaning* - Viktor Frankl](#)

