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.
*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”

**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”
- Brené 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