

## *Leading in Fearful Times*

Presenter: Dr. Ruth Zaplin

Video I mentioned re: safe to fail experiments/experimenting at the edges:

*Complexity toolbox 3: Safe to fail experiments*

April 23, 2018

[www.youtube.com/watch?v=i\\_h2WJ1qNRA](http://www.youtube.com/watch?v=i_h2WJ1qNRA)

References used to prepare slide deck and recommended reading:

Fogg, B. J. (2020). *Tiny Habits: The Small Changes that Change Everything*. New York: Houghton Mifflin Harcourt.

Garvey Berger, J. (2019). *Unlocking Leadership Mindtraps: How to Thrive in Complexity*. Stanford, CA: Stanford Briefs.

Garvey Berger, J., & Johnston, K. (2015). *Simple Habits for Complex Times: Powerful Practices for Leaders*. Stanford, CA: Stanford University Press.

Schein, E. (2013). *Humble Inquiry: The Gentle Art of Asking Instead of Telling*. San Francisco, CA: Berrett-Koehler Publishers.

Seppälä, E., & Bradley, C. (June 2019). "Handling Negative Emotions in a Way that's Good for Your Team." *Harvard Business Review*.

Smith, R. (2010) *Stepping Out of Self-Deception*. Boston, MA: Shambhala Publications.

Zolli, A. (2012). *Resilience: Why Things Bounce Back*. New York: Free Press.

For more information on mindtraps, see:

Garvey Berger, J. (2019). *Unlocking Leadership Mindtraps: How to Thrive in Complexity*. Stanford, CA: Stanford Briefs.

For more information on how to meditate, here are some books to start with:

Any books by Jon Kabat-Zinn, e.g., *Mindfulness for beginners*, *Guided mindfulness meditation*. *Meditation is Not What You Think* is excellent.

Any books by Yongey Mingyur Rinpoche particularly *Joy of Living*

Any books by Pema Chödrön, e.g., *When Things Fall Apart: Heart Advice for Difficult Times*

One of my personal favorites: *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa