

Be a Work in Progress

RECOMMENDED RESOURCES

*We are all apprentices in a craft
where no one ever becomes a master.*

—ERNEST HEMINGWAY

My work has been influenced by countless others. I stand on the shoulders of some great researchers, academics, business experts, artists, psychologists, scientists, and writers who have not only informed and inspired what I do, but have set the stage for having these bold conversations in a work context. I owe a great debt of gratitude to the work contributed by Dan Pink, Bill George, Brené Brown, Dan and Chip Heath, Anne Lamott, Natalie Goldberg, Elizabeth Gilbert, Constantin Stanislavski, Uta Hagen, Kristin Linklater, Carol Dweck, Simon Sinek, Julia Cameron, Marcus Buckingham, Seth Godin, Shawn Achor, Oprah Winfrey, Martin Seligman, William Bridges, Tom Rath, Patrick Lencioni, James Kouzes, Barry Posner, Jonathan Fields, Daniel Goleman, Nathaniel Branden, Amy Cuddy, Gretchen Rubin, and countless others. Their courageous work has helped me be more brave. Here are but a few of the resources I find myself turning to again and again:

- ***Authentic Leadership: Rediscovering the Secrets to Creating Lasting Value* by Bill George** This is one of the first and most important books in what has essentially formed the “authentic leadership movement.” It has strong case studies and data to support how critical it is that leaders show up authentically in the workplace.
- ***Better Than Before* by Gretchen Rubin** This book examines our habits and helps us understand what gets in our way of setting ourselves up for success. I find myself thinking about her work constantly! It has helped me stop the comparison game and find constructive strategies that work for me to deliver on my promises to myself and others.
- ***Big Magic: Creative Living beyond Fear* by Elizabeth Gilbert** While the focus of this book is creativity, it delves into how to show up powerfully in the face of fear—regardless of the task at hand. If you want to move through your personal obstacles to greater success, I highly recommend this book.
- ***Bird by Bird* by Anne Lamott** Reading this book is what started me on my writing journey, and its tear-stained and dog-eared pages are proof that it has made a difference in my work. If you want to learn how to mine your heart to communicate with others, whether through writing or speaking, then this is one of the most powerful resources I can recommend.
- ***Drive: The Surprising Truth about What Motivates Us* by Daniel H. Pink** This terrific book (which is quoted throughout *Brave Leadership*) helps you see how vital “purpose-driven” thinking is to our personal and business success and better understand what motivates the people we lead. Highly recommended!
- ***Emotional Intelligence 2.0* by Travis Bradberry, Jean Greaves, and Patrick M. Lencioni** This is a fantastic resource with an easy assessment to help you identify your EQ and provides strong

strategies for strengthening the areas that impede your success in work and life.

- ***Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others* by James M. Kouzes and Barry Z. Posner** This book is recommended for anyone looking to lead in a way that others will WANT to follow. It echoes *Brave Leadership* in that at the heart of leadership is caring.
- ***Fierce Conversations* by Susan Scott** This book provides simple but powerful tools that will support you in conversation, especially when the stakes are high.
- ***First, Break All the Rules: What the World's Greatest Managers Do Differently* by Marcus Buckingham and Curt Coffman** This is an outstanding book. If you manage others and want to learn how to maximize your team's strengths, then you'll love this book.
- ***Getting Naked: A Business Fable about Shedding the Three Fears That Sabotage Client Loyalty* by Patrick Lencioni** This book does a terrific job of building out the business case for one of the most important *Brave Leadership* points of view: that there is power in vulnerability.
- ***It's Always Personal: Navigating Emotion in the New Workplace* by Anne Kreamer** I love this author's courage, as she's taking on a subject that few are willing to confront but one that is at the core of professional and personal effectiveness.
- ***Mindset: The New Psychology of Success* by Carol Dweck** This is an outstanding book that allows you, in simple language, to understand how the way you think can dramatically change your outcome.
- ***Presence: Bringing Your Boldest Self to Your Biggest Challenges* by Amy Cuddy** Leveraging years of research, this book expands the important conversation of mind-body connection that Ms. Cuddy

first brought forth to the TED stage, and provides rich stories and practical tools to show up more powerfully.

- ***Start with Why* by Simon Sinek** So many companies and leaders begin with what and how they do what they do, but the real power lies in your why. This is a fantastic book that will help you understand why your Super Objective is one of the most powerful leadership tools you can use.
- ***Strengths Finder 2.0* by Tom Rath** This is a fantastic resource to better understand your strengths and how to maximize what you do well.
- ***Switch: How to Change Things When Change Is Hard* by Chip and Dan Heath** This book talks about change in a real and accessible way and provides practical tools to lead through change and constructively navigate your relationships.
- ***The Artist's Way* by Julia Cameron** This beautiful book helps everyone reclaim their inner artist. I highly recommend it.
- ***The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brené Brown** This is a brilliant book grounded in significant research that explores the price we pay for not living our true selves and strategies to get there.
- ***The OZ Principle: Getting Results through Individual and Organizational Accountability* by Roger Conners, Tom Smith, and Craig Hickman** When it comes to books that help you understand your role in driving constructive and effective action, this is one of the best. This will get you back on track when you find your results fleeting and yourself feeling less than powerful.
- ***Transitions: Making Sense of Life's Changes* by William Bridges** This is a fantastic book that provides real strategies for dealing with both professional and personal change in our lives.

- ***Uncertainty: Turning Fear and Doubt into Fuel for Brilliance* by Jonathan Fields** This book has some great strategies that can make a difference in dealing with the vast amount of change and uncertainty we all face in today's business environment.

Favorite Videos:

1. Dan Pink's: RSA Animate (on YouTube) "Drive: The Surprising Truth about What Motivates Us."
2. Amy Cuddy's TED Talk: "Your Body Language Shapes Who You Are."
3. Brené Brown's TED Talk: "The Power of Vulnerability."
4. Chip Conley's TED Talk: "Measuring What Makes Life Worthwhile."
5. Benjamin Zander's TED Talk: "On Music and Passion." (This talk has little to do with leadership but it is a gorgeous example of authenticity when presenting.)