

LEADERSHIP READING LIST

The Upside of Me

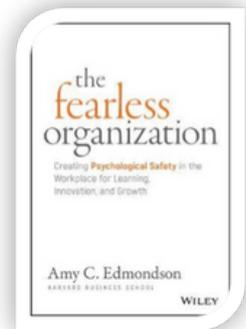
Coaching | Careers | Counselling
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THE FEARLESS ORGANISATION AMY C. EDMONDSON (2018)

With so much riding on innovation, creativity, and spark, it is essential to attract and retain quality talent--but what good does this talent do if no one is able to speak their mind? The traditional culture of "fitting in" and "going along" spells doom in the knowledge economy. Success requires a continuous influx of new ideas, new challenges, and "going along" spells

doom in the knowledge economy. Success requires a continuous influx of new ideas, new challenges, and critical thought, and the interpersonal climate must not suppress, silence, ridicule or intimidate. Not every idea is good, and yes there are stupid questions, and yes dissent can slow things down, but talking through these things is an essential part of the creative process.

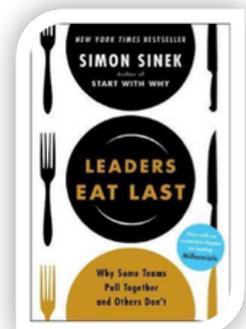
People must be allowed to voice half-finished thoughts, ask questions from left field, and brainstorm out loud; it creates a culture in which a minor flub or momentary lapse is no big deal, and where actual mistakes are owned and corrected, and where the next left-field idea could be the next big thing.



LEADERS EAT LAST: WHY SOME TEAMS PULL TOGETHER AND OTHER'S DON'T SIMON SINEK (2015)

In Leaders Eat Last, Sinek explores how leaders can inspire cooperation and change, and focuses on the millennial generation in the workplace. Imagine a world where almost everyone wakes up inspired to go to work. This is not a crazy, idealised notion.

Today's workplaces tend to be full of cynicism, paranoia and self-interest. But the best organisations foster trust and cooperation because their leaders build what Sinek calls a Circle of Safety. It separates the security inside the team from the challenges outside. Everyone feels they belong and all energies are devoted to facing the common enemy and seizing big opportunities.

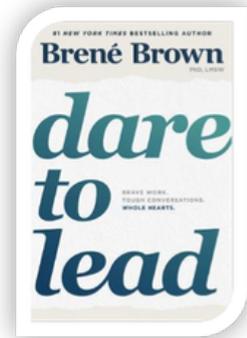


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DARE TO LEAD: BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS. **BRENÉ BROWN (2018)**

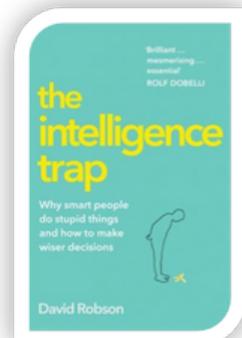
Based on new research, Brown shows us how to put the ideas of what it means to dare greatly, rise strong and brave the wilderness into practice so we can step up and lead. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and

accountability. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work. How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture? Dare to Lead answers these questions and gives us actionable strategies and real examples from her new research-based, courage-building programme.



THE INTELLIGENCE TRAP: REVOLUTIONISE YOUR THINKING & MAKE WISER DECISIONS **DAVID ROBSON (2019)**

It is time for us to learn a new way of thinking. The twenty-first century presents complex problems that require a wiser way of reasoning, one that recognises our current limitations, tolerates ambiguity and uncertainty, balances multiple perspectives, and bridges diverse areas of expertise.



Whatever our age and experience, whether a NASA scientist or a school student, we will benefit from wielding our minds with insight, precision, social sensitivity and humility. In an exhilarating journey through current research, drawing on insight from Socrates to Benjamin Franklin and some of the world's most successful industries, award-winning science journalist David Robson shows how to build a cognitive toolkit to help us all maximise our full potential.



STANLEY MCCHRYSTAL: LISTEN, LEARN... THEN LEAD (2011)

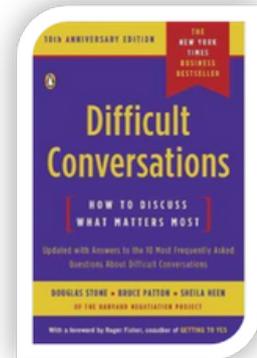
Four-star general Stanley McChrystal shares what he learned about leadership over his decades in the military. How can you build a sense of shared purpose among people of many ages and skill sets? By listening and learning -- and addressing the possibility of failure.

- https://www.ted.com/talks/stanley_mcchrystal

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DIFFICULT CONVERSATIONS: HOW TO DISCUSS WHAT MATTERS MOST STONE, PATTON ET AL (2011)

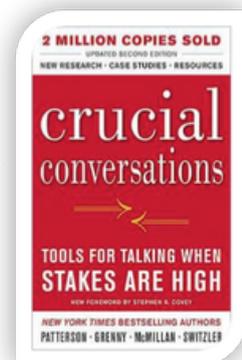
We attempt or avoid difficult conversations every day—whether dealing with an underperforming employee, disagreeing with a spouse, or negotiating with a client. From the Harvard Negotiation Project, the organisation that brought you *Getting to Yes*, *Difficult Conversations* provides a step-by-step approach to having those tough conversations with less stress and more success.



You'll learn how to: - decipher the underlying structure of every difficult conversation; start a conversation without defensiveness; listen for the meaning of what is not said; and stay balanced in the face of attacks and accusations.

CRUCIAL CONVERSATIONS: TOOLS FOR TALKING WHEN THE STAKES ARE HIGH GRENNY, PATTERSON ET AL (2011)

Crucial Conversations exploded onto the scene ten years ago and revolutionised the way people communicate when stakes are high, opinions vary, and emotions run strong. Since then, millions of people have learned how to hold effective crucial conversations and have dramatically improved their lives and careers thanks to the methods outlined in this book.



Crucial Conversations gets you past the hard parts of dialogue and helps you achieve relationships that are real, productive, and that will enrich your life and career.

JIM HEMERLING: 5 WAYS TO LEAD IN AN ERA OF CONSTANT CHANGE (2016)



Who says change needs to be hard? Organizational change expert Jim Hemerling thinks adapting your business in today's constantly-evolving world can be invigorating instead of exhausting. He outlines five imperatives, centred on putting people first, for turning company reorganisation into an empowering, energising task for all.

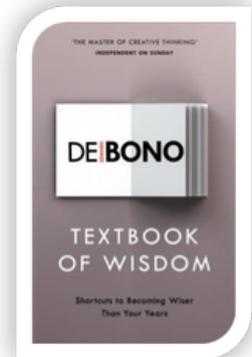
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TEXTBOOK OF WISDOM: SHORTCUTS TO BECOMING WISER THAN YOUR YEARS EDWARD DE BONO (2019)

Wisdom comes with living a long life, full of rich experiences and can't be learnt, right? Wrong. In the Textbook of Wisdom bestselling author Edward De Bono (Lateral Thinking, Serious Creativity) explains how you do not have to have lived forever to benefit from the experience of those who have. Full of thinking tools guidelines and principles this 'textbook' encourages the use of values and emotions to guide you

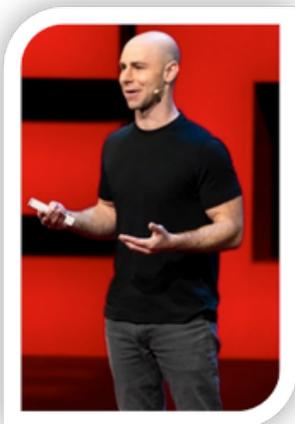
through life without allowing them to enslave you. Split into short, digestible sections perfect for grazing rather than devouring, Textbook of Wisdom is perfectly designed so you can return again and again, mining for wise words to carry through life that will open your mind to creativity and new possibilities.



MARGARET HEFFERNAN: DARE TO DISAGREE (2012)

Most people instinctively avoid conflict, but as Margaret Heffernan shows us, good disagreement is central to progress. She illustrates (sometimes counterintuitively) how the best partners aren't echo chambers -- and how great research teams, relationships and businesses allow people to deeply disagree.

https://www.ted.com/talks/margaret_heffernan_dare_to_disagree
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ADAM GRANT: THE SURPRISING HABITS OF ORIGINAL THINKERS (2016)

How do creative people come up with great ideas? Organizational psychologist Adam Grant studies "originals": thinkers who dream up new ideas and take action to put them into the world. In this talk, learn three unexpected habits of originals -- including embracing failure. The greatest originals are the ones who fail the most, because they're the ones who try the most.

https://www.ted.com/talks/adam_grant_the_surprising_habits_of_original_thinkers

The Upside of Me



HOW DOES COACHING HELP?

Hi there.

I'm Lisa, professional and practicing counsellor and coach. I specialise in personal development and executive career coaching.

Through a coaching framework we can constructively and positively help you to shift limiting beliefs, knowledge blocks, worries and move you to achieving your aspirations.

Let's talk.

10 WAYS YOU WILL MOVE YOU FROM STUCK TO SPECTACULAR



- GET MOTIVATED – STOP PROCRASTINATING
- DISCOVER WHAT'S HOLDING YOU BACK
- ACCOUNTABILITY
- LEARN COMMUNICATION SKILLS & PRACTICE THEM
- IDENTIFY & USE STRENGTHS
- CREATE & WORK TOWARDS GOALS
- LEARN STRATEGIES & NEW SKILLS
- CLARIFY VALUES – WHO YOU ARE, WHAT YOU STAND FOR
- DISCOVER WHAT YOUR LEADERSHIP STYLE IS
- BE COMFORTABLE & CONFIDENT IN WHO YOU ARE & WHERE YOU WANT TO BE

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