

Recommended Reading List

Great leaders are learners. One book a month is a reasonable goal. Pick one book from the lesson that appeals to you and read it during the month of the lesson. If you are a reader, go for more!

Lesson 1: Goal Setting and Behavior Change

Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person; Shonda Rhimes
Take Time for Your Life; Cheryl Richardson
Monday Morning Choices; David Cottrell
Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness; Annie McKee, Richard Boyatzis, Frances Johnston

Lesson 2: Power of Positivity and Caring

Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others, James Kouzes and Barry Posner
The Five Dysfunctions of a Team: A Leadership Fable, Patrick Lencioni
Fish: A Proven Way to Boost Morale and Improve Results, Stephen Lundin and Harry Paul
Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion, Annie McKee and Richard Boyatzis
Love 2.0: Finding Happiness and Health in Moments of Connection, Barbara Fredrickson
Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life, Barbara Fredrickson
Simple Abundance: A Daybook of Comfort and Joy, Sarah Ban Breathnach