

## RESOURCES

### BOOKS

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- Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. Avery.
- Sinek, S. (2011). *Start with why: How great leaders inspire everyone to take action*. Portfolio.

### ONLINE ARTICLES

- Cunnington, R. (2021, June 28). *Neuroplasticity: How the brain changes with learning*. IBE Science of Learning Portal. <https://solportal.ibe-unesco.org/articles/neuroplasticity-how-the-brain-changes-with-learning>
- Jamieson, J. (2024, August 5). Prosci's top 10 tactics for managing resistance to change. *Prosci Blog*. <https://www.prosci.com/blog/prosci-top-10-tactics-for-managing-resistance-to-change>
- Kempton, L. (2024, August 1). Core roles in change management. *Prosci Blog*. <https://www.prosci.com/blog/core-roles-in-change-management>
- Puderbaugh, M., & Emmady, P. D. (2023, May 21). *Neuroplasticity*. National Library of Medicine. <https://www.ncbi.nlm.nih.gov/books/NBK557811>
- RHR International. (2017). *Leadership in times of uncertainty: Helping people cope in challenging times*. <https://rhrinternational.com/wp-content/uploads/2021/07/Leadership-in-Times-of-Uncertainty-1.pdf>
- WindowStill. (2023, March 2). The power of positive reinforcement in leadership: How to get the best from your team. *WindowStill Blog*. <https://www.windowstill.com/the-power-of-positive-reinforcement-in-leadership-how-to-get-the-best-from-your-team/posts>

### PODCASTS

- Brown, B. (Host). (2022, December 5). Mike Erwin on leadership is a relationship: Parts 1 and 2 [Audio podcast episodes]. In *Dare to Lead Podcast*. <https://brenebrown.com/podcast/leadership-is-a-relationship-part-1-of-2> | <https://brenebrown.com/podcast/leadership-is-a-relationship-part-2-of-2>
- Ellis, S., & Tupper, H. (Hosts). (2019, January 28). Managing emotions at work (No. 67) [Audio podcast episode]. In *Squiggly Careers*. <https://www.amazingif.com/listen/managing-emotions-at-work>
- Moulton, T. (Host). (2016–present). *The change management review podcast* [Audio podcast]. <https://changemanagementreview.com/change-management-podcasts>

### VIDEO

- TEDx Talks. (2022, September 8). *What leaders need to know about change* | Taylor Harrell [Video]. TEDxSDSU. YouTube. [https://www.youtube.com/watch?v=4EvkGX\\_Ir1A](https://www.youtube.com/watch?v=4EvkGX_Ir1A)