

Resources

Insight Timer (meditation app)

The Subtle Art of Not Giving a F*ck A Counterintuitive Approach to Living a Good Life. Mark Manson (wellness and work/life balance, book)

The Look & Sound of Leadership

-- www.essentialcomm.com (podcast)

Harvard Business Review 10 Must Read (books)

-- Leadership

-- Managing Yourself

-- Change Management

-- Managing People