

### Articles:

[Psychiatrist Defines 16 Personality Types, Which One Are You?](#) – great resource if you want to know your own personality type or have everyone on your team figure out theirs as well.

[Time management](#) – how to manage your time effectively

### Apps:

[Super Better](#) – app for your phone that increases resilience and the ability to stay strong, motivated and optimistic even in the face of difficult obstacles. Playing Super Better makes you more capable of getting through any tough situation—and more likely to achieve the goals that matter most to you. Proven results in just 10 minutes a day.

[PauseAble](#) – mindfulness app for your phone

### Books:

Simon Sinek:

Leaders Eat Last: Why some teams pull together and others don't

Start with the Why: How great leaders inspire everyone to take action

Daniel Pink: Drive: The Surprising Truth About What Motivates Us

Travis Bradberry: Emotional Intelligence, 2.0

Connie Burk and Laura van Dernoot Lipsky: Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

Patrick Lencioni: The Five Dysfunctions of a Team

Daniel Goleman:

Primal Leadership

Emotional Intelligence: Why It Can Matter More Than IQ

### Working with Emotional Intelligence

Barry Conchie and Tom Rath: Strengths-Based Leadership: Great Leaders, Teams, and Why People Follow

Stephen Covey:

The 7 Habits of Highly Effective People

The Speed of Trust: The One Thing That Changes Everything

John C. Maxwell:

The 21 Irrefutable Laws of Leadership

Developing the Leader Within You

Martin Seligman:

Learned Optimism: How to change your mind and your life

Authentic Happiness

Robin Sharma: The Leader Who Had No Title

### Podcasts:

[The EntreLeadership Podcast](#) By Ramsey Solutions

[The Art of Charm](#)

### Ted Talks:

Brene Brown – [Power of Vulnerability](#) 20:19

[How to Make Millennials Want to Work for You](#) | Keevin O'Rourke

### Leadership:

1. [The leadership game -- creating cultures of leadership](#) | Drew Dudley 17:51
2. [How great leaders inspire action](#) – Simon Sinek 18:35
3. [What it takes to be a great leader](#) – Roselinde Torres 9:20

### Stress Relief:

1. [How to stay calm when you know you'll be stressed](#) – Daniel Levitin 12:20
2. [Got a meeting? Take a walk](#) - Nilofer Merchant 3:25
3. [How to Make Stress Your Friend](#) – Kelly McGonigal 14:25

### Employee Recognition:

1. [Missing the obvious in employee recognition](#) | Claire McCarty 18:16

### Motivation:

1. [How to create a high performance culture](#) | Andrew Sillitoe 13:08
2. [Grit: the power of passion and perseverance](#) – Angela Lee Duckworth 6:08

### Communication:

1. [How to speak so that people will want to listen](#) – Julian Treasure 9:54
2. [5 ways to listen better](#) – Julian Treasure 4:42

### Attention Management:

1. [Attention Management over Time Management](#)- Maura Thomas 15:21

### Websites:

#### [The National Child Welfare Workforce Institute:](#)

- Has Quickbit 5 minute lessons for child welfare leaders

#### [The Child Welfare Information Gateway:](#)

- Has resources for new child welfare workers
- Has resources for child welfare supervisors

#### [The National Child Traumatic Stress Network](#) and [The National Child Traumatic Stress Network Learning Center:](#)

- Has information regarding trauma focused child welfare work and some great trainings

### [Relaxation Scripts](#)

#### [Self-compassion exercises:](#)

- There is also a [self-compassion test](#)

### [Annie E. Casey Foundation](#)

#### [Mind Tools:](#)

- Has a toolkit with information on leadership skills, team management, problem solving, decision making, time management, stress management, communication skills, and more.

### [Attention Management](#)

#### [Manager tools:](#)

- Manger Tools has a 1000 podcasts

### [Therapist Refresh](#)

- Website designed by therapists to help with coping with stress. It is a “healing for healers” page.

### [The Enneagram Institute](#)

- Website where your staff can take a free assessment to determine their distinct personality type from 9 types. This can help you all learn to work in harmony with each other.

### [The Gallup Strengths Assessment](#)

- Website where you or your staff can take an assessment to determine their top 5 strengths in the workplace. This one does cost money.

### [Harvard Business Review](#)

- You can get 6 free articles, and then you have to pay a fee to receive more. There are countless articles on many leadership topics, including psychological safety.